

THE
Good House-wife

MADE IN A BIBLICAL
DOCTOR

Or, health's Choice and true Friend

Being a Plain Way of Nature's own
prescribing, to

Prevent and Cure
Most Diseases incident to Men, Wo-
men and Children, by Diet and
Kitchen-Physick only.

With some Remarks on the Practice of
Physick and Chymistry.

By Thomas Tryon, Student in Physick; And Author
of *The Way to Health, Long Life and Hap-
piness. Country-mans Companion. The New
Art of Brewing, &c.*

The Second Edition. To which is added some
Observations on the Tedious Methods of Un-
skilful Chyrurgions; with Cheap and Easie
Remedies. By the same Author.

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THE
PREFACE
TO THE
READER.

HHealth is the greatest temporal Blessing we can enjoy in this Mortal state: Without it the choicest Beauty vanishes in a Moment, like a withered Flower; the stoutest Strength dwindles into a childish Weakness, scarce able to support the tottering Carcass; Riches become insignificant Lumber; Honour an empty Bubble, or extrinsick Shadow, yielding no delight; Nay Wit and Parts grow Useless, and Life it self but an unwelcome load and continual Torture. For how often may we see Lords and Aldermen, the Rich and

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the Great, swell'd with Dropsies, or wasted with Consumptions, or rack't with the Stone, or laid up with the Gout, or crippled with Sciatica's, and the like, heartily envying those Jolly Swains, who feed only with Bread and Cheese, and trotting up to the Knees in Dirt, do get with lusty Limbs, and vigorous Stomachs, and merry Hearts, and undisturbed Heads, whistle out more folliſh Joys than the others, with all their Wealth and State can purchase.

So that 'tis undeniably one of the most important Businesses of this Life, to preserve our selves in Health. And this all People, when they are actually groaning under the smart of Sickneſs, will readily acknowledge. Oh! then they would give all they have in the World for Ease and Remedy, though it be but an Ague, or a fit of the Tooth-Ach!
but

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but as soon as the Pain is over, and whilst Nature is yet pretty sturdy, and as long as ever she can bear up, they care not how they use her, and seem to value this precious Jewel [Health] no more than the silly Indians of old did their Wealth, when they contentedly parted with Gold and Pearl, for Toys, and Baubles, and Knives, and Beaugles, and Looking-Glasses. Most men will moil and toil like Horses, and rise early and lie down late, and eat the Bread of Carefulness, to get Money and Land, though they neither make good use thereof themselves whilst they live, nor know who shall enjoy it after they are dead: And how diligent are others by fawning and flattery, and courting those whom in their hearts they hate and scorn, and by servile Offices and irksome Attendances, and a thousand other pittiful Arts, to acquire a Rattle to their

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their Name, and get a Title of Honour, or some Place of Preferment that may give them an opportunity to domineer over their Inferiours, but there is scarce one Man or Woman of a thousand that does in earnest consider and pursue the means of preserving their Health, but either lives at Random, or at least takes up with the pernicious Notions of Custom, Tradition and Blind Guides, whose Prescriptions of Diet are most improper and prejudicial, their Medicines Nauseates to Nature, and their Physick a close Confederates with the invading Disease.

Nay, so prodigal are the generality of this inconsiderable Blessing, that they use it not only with Neglect, but Contempt, as if they exposed it to sale by Irch of Candle, and he that bid least should have it. Rather than not gratifie a liquorish Palate, the Stomach shall be overcharg'd.

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charg'd; and rather than break up a foolish lewd Company, or refuse to comply with a wicked Drunken Custom, the Brain shall be set a-float, and Reason turn'd a-drift, and Nature exposed to a general Inundation of violent strong Liquor, and left to shift for her self, without either Pilot or Rudder. I am confident most People are more careful to provide wholesome proper Food for their Cattel, and Gentlemen are more curious in ordering and dieting their Race-Horses (though therein too they are generally mistaken, as I have demonstrated in a little Treatise, entituled, The Country-man's Companion) than in the Food which they take themselves, or about the course of their own Eating, Drinking and Exercises, whereon not only their own Health and Lives, but the strength and vigour of their Posterity, does in so great a measure depend.

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"The Meats and Drinks commonly used are for the most part improper, and detrimental in their Nature and Composition, more in their unskilful ways of Preparation, and most of all by the Heterogeneous Mixtures, and excessive Quantities. And this more especially to those that are already sick and languishing. Having therefore in this small Treatise resolved to detect those Errors in all three respects, and the Reasons thereof: And on the other side, to shew the true Method of Diet fit for the Prevention or Cure of most Diseases, intermixing therewith several most useful and necessary Remarques touching the Nature, and right ways of preparing of divers sorts of the most beneficial Foods. I shall begin with those that best serve for the Assisting and Restoring of decay'd Nature, because I have therein observed both
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the most common and the most dangerous and irretreivable Errors to be committed ; as also because from what we shall deliver on that subject, every one that has the Wit to know by a Penny how a Shilling is coyned, may learn what Diet is proper to be used both for the Preventing and Curing of most other Distempers. For Nature, like Truth, is always intire, uniform and agreeable to itself, so that whoever has the right Key, may therewith unlock her whole Cabinet ; whereas the blind Paths of Tradition, Ignorance, Custom and Error, are not only various and interferring, but many times opposite and contradictory to each other.

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EVERY
Good House-wife
MADE A
Doctor, &c.

C H A P. I.

Of the several Causes of Consumptions: The absurd course of Diet usually ordered in those cases. Together with the proper Remedies for Prevention and Cure thereof.

 F all Diseases, *Consumptions*, and the like wasting Distempers, are those which hitherto have been most attempted to be cured by *Diet*, but after such an unnatural and

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preposterous Method, that those very Rich and chargeable Foods which generally are by the learned prescribed in such cases, are apt, instead of bringing Relief, to encrease the Disease, more impare the Powers of Nature, and hasten on *Death*, rather than a *Cure*: This, I doubt not, will appear to every considerate Reader, from the following Discourse, wherein I shall first give an account of the common Causes (or occasions) of those Diseases, and in the next place inform my Country-People of the proper Remedies for the same, by Foods fitly prepared and adapted for the supply and assistance of Nature in all such Languishments; withal, shewing how improper and mischievous those things are which be commonly used and prescribed for that purpose.

Those Diseases called *Consumptions* are Decays of the *Radical Moisture* or *Essential Oyl*, whereby the Natural Heat of the Stomach is so weakned that it cannot make any perfect or due separation of the Meats and Drinks received, from whence arises abundance of evil Juices and Phlegm, so that no good
Nourish-

Nourishment is bred, though the Food be never so Rich, and the Drinks never so Cordial, as most that are afflicted in this kind, may find by Experience.

But though this be the general Nature of these Diseases, yet they proceed from various Causes and Intemperances ; As,

1. In some Complexions, from overcharging of Nature with *Rich Food*, and too great Quantities; or in others, by much drinking of *Wine, Brandy* and *Strong-Drinks*, which weaken the Natural Heat, and wash (as it were) Nature away by destroying the action of the Stomach.

2. In others, these general Decays and Weaknesses are caused by a *Sedentary* and *Idle course of Life*, for want of proper *Labour* and *Exercises*, *overwarm Clothings*, *soft Feather-Beds* and *excessive Lying in Bed*, which always proves pernicious to the Health both of Body and Mind.

3. There are others that contract these consuming Diseases by their too much *Dalliance*, and frequenting the *Shades of Venus*, and that not only by

eating and drinking such things as irritate and provoke Nature, but also by their heightned Lusts and depraved Imaginations, force her beyond her Power and Ability, who oft times corrupts her in her very Radix: Many are caught in this Snare, as well *Young-Married* People, as the more *Lewd* and *Lascivious*, which prostitute themselves to common Mixtures; and many of these prove Incureable.

4. Others fall into these Diseases by *Surfeits* of *Over-labour*, *excessive Heats* or *Colds*, and the like Accidents.

5. Some by great *Fevers* and long *Fits* of *Sickness*, which frequently leave behind them such Seeds of Diseases as are not without great *difficulty* overcome or rooted out.

6. To some they happen through *Grief* or *Trouble of Mind*, a *Melancholly Disposition*, (one of the worst Companions of Life) *violent Passions*, as of *Love*, *Hatred* and *Envy*, or a *Dispair* of *Gods Divine All-sufficient* and always *Liberal* and *Indulgent Hand* of *Providence*; and these by pining and fretting, waste their Spirits, and thence the

Natural Heat being weakned, is unable to generate a new Supply; and so having first disorder'd their Minds, the Body is destroy'd by Concomitancy; for these two mutually operate upon, and influence each other, and you can hardly preserve either of them in its due state, unless you take care of *both*.

Lastly, In not a few a *Consumptive* Constitution is *Hereditary*, and derived from one or both their Parents; and *This* of all other is the most hard to Remedy.

Now let us see what are the *Common Methods* whereby not only the *Vulgar*, but also the *Learned* many times, do think to help these *Decays*, and what are the usual things prescribed for the sick Party in this case, to restore him to Health and Strength? And that is, when any one is in such a weak languishing state of Body, every one, *Doctor, Apothecary, Nurse* and all, cry out, "You must take Nourishing Meats and Drinks, *sup good Sack, Old Malago, Tent, or the like, with Yolks of Eggs in it; and get you good Rich Broths, and Jellies, and Pottages*

" made of Knuckles of Veal, and the
 " Flesh of an old Cock beat, and brui-
 " sed, and battered, and boyled all to pie-
 " ces ; for you must boyl your Flesh till it
 " fall off the Bones, that all the goodness
 " and virtue may diffuse it self into the
 " Broth ; and be sure you boyl it in but
 " little Water, that it may be the Hear-
 " tier ; and keep your Vessel or Pot close
 " cover'd, that the Virtue may not evapo-
 " rate, but your Broth may be thick, and
 " good, and strong ; for you want Strength
 " (poor Creature !) and Nourishment,
 " and this will cherish you bravely ; toge-
 " ther with a Rich Cordial of Alcher-
 " mes that I'll send you : But forget not
 " to keep your self warm with a Flannel
 " Shirt, and a Waistcoat, Doublet,
 " Coat and Campaign, a Gown over all
 " lin'd, and a quilted Stomacher for
 " your Breast ; and have a care of Cold
 " a Nights, but bathe your tender Nerves
 " in a Down or soft Feather-Bed, and
 " get a quilted Cap and a Napkin over it
 " for your Head, and draw your Cur-
 " tains before your Windows and round
 " your Bed, and there lie as long as you
 " can ; for Sleep is a great Refresher and
 " Nourisher : And against you rise let
 " there

" there be a Rouzing Fire in your Cham-
 " ber, and a Quart of New-Milk boyl'd
 " above half away, with Snails in it,
 " and well sweetned with Sugar, and then
 " three or four hours after take a Mess,
 " as much as you can get down, of the
 " aforesaid Cock or Jelly-Broth, with
 " good Spice in it; and after that you
 " may eat a good Chicken, or some other
 " nourishing Flesh tenderly boyled; and
 " when you have done, take a good piece
 " of fat toasted Cheese for Concoction,
 " and wash all down with three or four
 " Glasses of Racy Canary or stout Old
 " Malago, wherein there is steeped a
 " Quantity of Raisons of the Sun ston-
 " ed, and a little Saffron to cheer the
 " Heart; but if you do not so well like
 " Snails, then take only Milk hot from
 " the Cow, or Strokings, and sweeten
 " it with Sugar or Sugar of Roses. And
 " be sure continue this course constantly,
 " and though you are now weak as Wa-
 " ter and have no more Spirits than a
 " Dish-clout, you shall shortly be as strong
 " as Sampson, and as lusty as Hercules,
 " who (they say) got fifty Children in one
 " Night. — Probatum est.

This is the sum and substance of many a *learned Lerry*, and passes with the Crowd for most *Orthodox Doctor Croft*, though in truth the whole is altogether *Ignorant Tattle*, contrary to *Nature, Reason and Experience*.

But lest I should seem (like those I *oppose*) to assert things without Proof or Demonstration, I desire the Reader would with me, impartially consider the unproperness and contrariety of these Prescriptions, to the end intended: *First*, In their *Nature and Composition*; and *Next*, in respect of the *undue Preparations*.

1. When Nature languishes, and is already weak and decay'd, then they cry, *You must take Nourishing things*; when 'tis probable most times, that the first occasion of the Disease was *Idleness and Superfluity in Meats and Drinks*, that did *over-charge Nature* with too much *Nourishment*. But however, let the cause be what it will, Nature is now weak and indisposed, the Palate dull'd, the Stomach's Natural Heat and digestive Faculty decay'd, so that they cannot bear either
with

with *great Quantity*, nor Foods that are of a *strong Quality* which ought in the first place to be considered; for *Overcharging*, either in Quantity or Quality, is generally very prejudicial to those that are in Competent *Health*, but much more to such as are *Sick*; This being a most certain Aphorism, *That Nature ought at all times to be stronger than the Food*, and not the Food too strong for Nature, as in these cases is general, but very absurdly practised; for if there be not a proportionable agreement between the Food and the Stomach, in vain do you expect Relief, but rather thereby Nature is yet further oppressed, and her whole Concord and Tranquility disordered and destroyed. For when-ever the Natural Heat is weak and impotent, the Food ought to be suitable: And to do otherwise, is just as if in very cold Weather, when your Fire is almost quite out, and not above a Spark or two left upon the Hearth, you should cry out, *Throw on an huge Timber-Log, or bring a Basket or two of Large round Coles*, for this is the best Fuel that can be to make a *st. and long Fire*; which is

B 5 very

very true; but yet, in this case, instead of encreasing your Fire, it will, by its weight and unsuitableness quite put it out; whereas if you had fed it at first with a little *Small-Cole, Shavings or Chips*, you might have nursed it up into a competent Flame, and then, and not before, it would be able to deal with your Coles and your Timber, and turn them into Aliments for its self. The Application is easie, Nothing does more hurt the Health than Disproportion, and to heap together Superfluity of Meats and Drinks, beyond the Power of the Digestive Faculty, especially when they are made strong and fulsom by *bad Preparations*; and this respects the usual Prescriptions to *Consumptive Persons* are very much to be blamed. For,

2. *Broths and Pottages* made with any kind of *Flesh*, be it what it will, where 'tis boyled in small Quantities of Water, and the Vessel or Pot kept close cover'd, and boyled so long till it becomes soft and a meer Mash, so that it falls from the Bones; such *Broths*, I say, will become thick, and of a *blackish colour*, or a strong unpleasing

sing scent or smell, and of a fulsome
 nauseating taste, hard of Concoction,
 and apt to cloy the Stomach; for the
 much, or over-boiling of any sort of
 Food (especially *Flesh*, which is of its
 own Nature the grossest of all Food,
 and most subject to Putrifaction) does
 destroy all the good Virtues, and so
 much the more speedily and certainly
 when it shall be boyled in small Quan-
 tities of Water, and the Vessel kept
 cover'd; for thereby the pure *volatile*
Spirit is suffocated, and then presently
 the *sweet Oyl* of such Food turns strong
 and sour for want of the egress and re-
 gress of the Air, which is the true
 Life and Preserver of the essential Spi-
 rit, as the Spirit is the Life and Pre-
 server of the sweet Body in every
 thing, and in whatsoever the Spirit suf-
 fers violence, the *Balsamick Body* and
Oyl is turned into a strong fulsome sub-
 stance as is manifested by all ferment-
 ed Liquors, which if exposed to the
 open Air, the Spirits will evaporate,
 and then the sweetness thereof turns
 fower, and becomes of an heavy dull
 Nature and Operation. But in the pre-
 paration of all gross phlegmy Bodies,

espe-

especially *Flesh*, the Vessel being open, and having good Water, with the free Influences of the Air, keeps the Spirits living, till such Bodies be digested, and the Spirits set at liberty; and then such thing is said to be enough, or rightly prepared: For if such Preparations or Digestions be afterwards continued, the spirituous parts and brisk lively Tinctures become either suffocated or evaporated, let the thing be of what Nature it will; as is manifest in all Preparations, especially in making of *Hay*; for there, when once the gross phlegmatick Body of the Grass is sufficiently digested or exhaled by the virtue and power of the Sun and Elements, if the *Hay* be afterwards continued open abroad, the Sun and Air would quickly exhale and destroy the essential Virtues and good Properties also; the very same is to be understood in the Preparation of all sorts of Food.

Furthermore, if the Vessel, in which your Food is prepared, be close covered whilst it is boyling, such Food is thereby made yet worse; for then those fiery sulphurous Fumes, and Vapours
which

which are raised by the Fire, and would freely pass away, as you see in a mighty continual Reek or Steem, if the Vessel were uncovered, are stopt and forced back into the Meat, and being of a fiery sharp Nature, and full of gross Humidity, by this *Repercussion* or Confinement, they become gradually more intense and raging, because of the want of the free Influence of the Air, and so sinking down again upon the Meat, do wound the pure *volatile Spirits*, and not only destroy the natural Colour, Smell and Taste, but also make the Food *Lumpish*, close, heavy, dull and gross on the Palate, hard of Digestion in the Stomach, generating thick Blood and unwholsom Nourishment; from whence proceed dull Indispositions, and noxious Fumes flying up into the Head.

For all *Cooks* and *Housewives* ought to note and understand, that the digestive Faculty and true Virtue of all Food does consist in the pure *spirituous* parts, and if any violence be offered or done unto them in the Preparation, then such Food becomes dull, and as it were half dead of Taste;
for

for the Fumes or Vapours which Pots and Vessel, surrounded with the heat of the Fire, do send forth, are of a poysonous pernicious Nature, and contrary to the genuine heat of the Food; as you may perceive, if you take up any sort of Food, when boyled, and presently whilst it is hot, cover it close, which will force those fiery sharp Fumes back, and cause them to re-enter the Food, which will thereby presently become *Pall'd*, and lose its natural briskness of Taste, Smell and Colour, because the pure Spirits are suffocated, and so such Foods will not only be heavy, and have a dull gross Taste and Smell, but shall be unpleasing both to the Pallate and Stomach, and harder of Concoction.

Therefore nothing is more unnatural than for People to eat or drink any kind of Food, whilst those fiery Steams and Fumes are in it, especially such as are weakly *Consumptive People*; for they *Swell the Body*, and generate *Wind* in abundance, send *Fumes* and *Vapours* into the *Head*, infect the whole Mass of *Blood* with hot sharp *Itching Scorbittick Humors*: And indeed no sort of

of Food or Liquors ought to be eaten or drank hotter than the Blood in cold Weather, but in hot Seasons most sorts are best cold, which a little use will make very easie and familiar to every one, let their Stomachs be never so much depraved by Custom, as I have more at large demonstrated in my *Way to Health, long Life & Happiness, &c.*

What hath been said of thick strong over-prepared *Pottages* and *Broths* made of *Flesh*, the very same ill effects have all or most *Fellies*; for by their improper Mixtures and over preparing they became loathsome, and *Nauseates* to *Nature*, even as sick as the languishing Patient that takes them: And the like also may be understood of *Snails* and *Milk* boyled till it becomes of a *fellow* substance, and then lustily sweetned with *Sugar* or *Sugar of Roses* (which is ten times worse than common *Sugar*) being burthenfom to the sick Patients Pallate and Stomach, very heavy and hard of Concoction, and therefore the use thereof does generally prove of evil Consequence; for undoubtedly if *Heathy* People should confine themselves to such things, they would in a little

little time bring Disorders upon them, and how profitable they can be then to the *sick* and *weak*, or rather how very destructive they must needs prove, may easily be judged.

But here some will say, *Many have been known to recover by or after the eating and drinking of such things.* — To which I Answer, That it can never be proved, but is absurd to Reason, that they recover'd *By* such things, but that some may have recovered *After* them, may be true; for tho' I know them to be *improper* and *dangerous*, yet I do not say they are *Mortal* to all that take them; and if an hundred People be at one time sick of the same Disease, if they had neither *Doctor's Advice* nor *Physick*, there would (no doubt) many of them recover; but amongst the Ignorant, when any one happens to escape, they attribute the Glory to the *Doctor* and his *Prescriptions*, never considering the *Divine Hand of the Lord*, nor the secret working Power of his Hand maid *Nature*, but cry with open Mouth, *Such or such a Doctor cured me, or else I had been in my Grave; Or such a Pottage or Jelly is a rare thing, it cured me* when.

when all hopes of Life were past; when in truth neither the Doctor's Prattle, nor the Nauseous Slip-slop contributed any more to the Cure, than the Chattering of a Magpye, or the Roe of a Red Herring.

But if the People will be cheated, let them; only give me leave to whisper a little better Advice to the Sons and Daughters of Wisdom, who will be so thankful to Truth, so obedient to Reason, and so kind to Themselves as to hearken unto it; And that is thus, When any Person shall find him or her self indisposed, their Stomacks to grow weak, with a general Disorder through the whole Body, and a decay of Strength, then first of all they ought to look back and consider what manner or course of Life they have drove, as to Temperance or Intemperance in Meats or Drinks; and that both in respect of the Quantity and Quality as also their Exercises, and all other Extreams they have inured themselves unto, which none can so well know, or be able to judge of as themselves; and likewise to consider the Air he hath lived in, where the Disease was bred. And by this Reflection, if it be impartial

tial, serious and considerate, every man will be enabled to guess much more rightly at the Cause and Nature of his Distemper, than any *Doctor* can by the supposed Magick of the *Urinal*, *Thumb-ing* the uncertain *Pulse*, or any other of their Whimsical Oracles.

Having well considered the *past Causes*, that gave Birth to his present Distemperature, he ought then (gradually) to *Alter* for the better the whole course of his Life, not only in the Nature and Quality of Meats and Drinks, but in their Quantity; as also his Exercises, and the Air, as far as the condition of his Life will admit thereof. For if the same *Intemperances*, *bad Airs* and *ill regulated Exercises*, which were the first original of the Disease, (or rather *Worse*, as most do make it, by such strong and fulsom Preparations and contrary Mixtures, under the Notion of *Helps* and *Remedies*, as aforesaid) be continued, then there can be no rational hope of Cure, either by *Medicine* or any other way; but change of *Food*, *Exercises* and *Airs* do work wonders, especially when People betakes themselves to meer *simple Meats* and

and *Drinks* that are easier of Concoction, and generate a finer and firmer Substance; for there is less danger in declining strong Foods and Drinks, and using meaner, than in going from mean and simple to rich and strong; for this Alteration of *Food, Drinks* and *Exercises*, has power to alter, and does actually change the whole Humour and Constitution, according to the nature and sympathy of the Food, for the better or worse: And this not only manifest in the Humane Nature, but also in Beasts; for if the *Food, Drinks, Air* and *Exercises* be innocent and natural, then good Blood is generated, whence proceed pure fine Spirits, and the sweet Oyl or Radical Moisture burns clear and bright, and consequently the whole Disposition is airy, brisk and pleasant.

And if this good state of Body happen in Beasts, as often it does, then such are of lively Dispositions, and their flesh proves tender sweet and delicate, and full of brisk Spirits, by reason of the plenty of which it will take *Salt* greedily: But on the contrary, if any sort of Cattel be fed plentifully with

with *Flesh* (as some Creatures will eat it, as *Swine*, and the like) or with other strong Food, and kept close up that they cannot exercise their Bodies in the open Air, as *Swine* in Sties, and *Horses* in their close hot Stables, then their Blood becomes very thick and waterish and the whole Humours of their Bodies are gross, tending towards *Putrifaction*, their flesh *Rank*, and more fulsom than such as divert themselves in open airy places, neither will such flesh take *Salt* so well, nor keep so long from *Putrifying*.

These things ought to be considered by all People, but more especially by such whose *Health* is already wounded by any of the aforesaid Accidents, but are too seldom thought of, either by the Learned or the common People; but presently when they find themselves, or their Friends, or Patients disordered, as aforesaid, they muster up all the *Richest sorts* of Food, and most *Cordial Drinks* they can think of; and to mend the matter, or rather to compleat their own *Tragady*, they take the general Advice of some *Lip-Learned Doctors*, together with the, no less infallible

fallible Counsel of the *good Dame* and *Sage Mistriss Nurse*, what sorts of Meats and Drinks are most fuitable to recover them out of their wasting Condition; and then (as every body is either a *Fool* or a *Physician*) One adviseth *Tallies* that are compounded of severall Ingredients of disagreeing Natures; and to be boyled, stewed or baked so and so abundantly; Another directs *Ajes Milk*, which perhaps may prove a Cure by *simpathy*; The *Third* will have *Cows Milk*, (but for all Loves, let it be a *Red ones*, though you go to *High-Gate* for it) and *Snales* boyled in it; but be sure wash them well with *Salt* for you know Man was made of the *Slime* (for so I am told the Word in *Hebrew* signifies, rather than *Dust*) of the Earth; and if they should not be well scour'd, they might happen to be too like him, and do him too much Good; and so spoil the *Doctor's* Practice) and when you have carefully Rinsed away all that's good of them, yet still to prevent any suspicion of Vertue from them, Boyl them stoutly to a tough thick substance, and sweeten them with *Sugar* till they are able to

Cloy

Cloy the Stomach of an Horse; And if this will not recover the Consumptive Creature bespeak the Sex on and the Flannel-Shroud; for there's no withstanding of Death.

But upon this, up starts a Politick paty *Man-Leech*, who always farts in *Plush*, and never strokes his Beard without an Aphorisme of *Hippocrates*, and he cries out, *Hold a Blow my Master! stop the Knell; there's Life in a Muscle: Let me tell you what you shall do, you see the poor Soul wants Flesh and good Heartning things, therefore get me a dozen or two of Cock-Sparrows, a brace of Turtle-Doves, taken just as they are Biking, and a parcel of Eringo-Roots, and boyl them in a Gallon of Alicant, till it is waisted to a Quart, and then let him sup up Meat and Broth with a Boon Courage, and it shall make him as lusty as old Father Æson, when he came out of the Life-renewing Balneo.—You prate like an old Gallientical Cockscomb* (says a young spruce Gallant that stood by, and affected the Title of *Vertuoso*) *I'll have a lusty Ram sent for, and first let the sick Patient have a Vein open'd, and at the same instant broach the Sheep on the Right Shoulder,*

der, and by Transfusion of his Blood into the Man, you shall presently see him restored, and grow as hail and sound as a Trout.-----But then a Chymist interposes, and tells them, None of these dull stale Gallenical Devices are sufficient, 'tis only Philosophy by Fire must do the Feat; therefore (quoth he) reach me my Crucible, and an Ounce of Aurum Potabile, dissolv'd in the Yolk of a new-laid Phœnixes Egge, with a Dram of Quicksilver, and a little of the Tincture of the Sun; let this be distilled seven days in Balneo Mariæ, when Jupiter beholds Venus with a friendly Aspect, and whilst the Moon is in Leo, let the Patient take three Drops every four hours; and then I'll venture fourteen years Purchase upon his Life, though he were already as much stricken in years as old Father Parr, that out-liv'd six couple of Ravens.

The serious Reader, I hope, will pardon this *Mirrh*; for in earnest, 'tis but the effect of those Extravagances which some Pretenders to Science daily impose upon the credulous Vulgar; An hundred such Ridiculous Whimsies being advanced, as the Products of famous Skill, though they carry

ry neither *Reason*, *Sense* nor *Possibility* with them, but are meer ignorant fraudulent *Fancies*, the Authors knowing nothing (as they ought to do) of *God Nature* or *Themselves*; and by their Talk, poor silly People being perswaded, that they want *Nourishment*, heap up all the *rich costly* things they can get or think of, with which and the unnatural Preparations thereof, they overload and oppress the weak Heats and Stomachs of the Sick. so that they do not only continue the Diseases, but *encrease* them, forgetting that sure and stable Rule of Health and Temperance, *That weak Heats and languishing Natures ought to have simple innocent Meats and Drinks, of a Nature proportionable.*

These mischievous Opinions, abominable Customs and irregular Courses have much grieved me, when i have considered and consulted the innocent Ways of God in Nature, which hath moved and stirred me up to set down for a general benefit and service; *Food, Drinks and Preparations* more natural and agreeable to the Stomachs of sick and languishing Persons; And since *Milk*, and its Product and Compounds,

is one of the most excellent things in that kind, when rightly ordered, therefore I shall begin with That.

CHAP. II.

The Nature of Milk, and the best ways of Preparing and Cooking it.

MILK in its own Nature is of a brave mild friendly nature and operation ; for in this sublime Liquor, or rather *Nectar*, the Qualities of Nature seems to stand in Equality, and therefore it may justly be called *Concord*, or a thing which God and his Hand-Maid Nature hath befriended with all the good Vertues of the *Animal Kingdom*, having no manifest Quality that does too violently predominate, but is as well in its inward Nature, as its outward Colour, the *Emblem of Innocence*, deriving that aimable and pleasant Candor from a *Gleam of the divine Light* ; and therefore 'tis said, *The Holy Land did flow with Milk and Honey.*

'Tis certainly an incomparable Food, and being joyned or mixt with *Bread* or the *Flower of Wheat*, hath the first place of all Victuals, and is a Foundation to all good Nourishment, there being so great an agreement in Nature between the *Flower of Wheat* and *Milk*, that when they are incorporated together, there is hardly any Food of *equal Excellency*, or that will gratifie Nature to that degree; for it does not only afford a brave friendly *Nourishment*, but also of a strong firm *Substance*, standing nearest the Centre of *UNITY*, (whence is derived all Perfection) of any sort of Food, except *Bread*; and for this cause it is so much desired by Children, and the Young Ones of most other Creatures.

How Milk ought to be eaten as it is entire.

The best way for weak sickly Consumptive People to eat *Milk Raw*, as they call it, or not altered, is after this manner, Take a Pint (or what quantity you please) of New-Milk from the Cow, let it stand open to the Air two hours, and then skim the thick or crea-
my

my substance off the top thereof, and put it by, but the rest of the thin Milk that remains, eat with well bak'd Bread ; but remember you neither Toast your Bread nor warm your Milk, except the season be cold, and then you may warm your Milk as hot as your Blood, but do not then toast your Bread, for it does it much harm ; or if you please, you may eat *Bisque* with your Milk, but be sure you do not eat too great a quantity at once ; and sometimes it will do well to mix a little Water with your Milk, and then you may sweeten it with good *White Sugar* ; if you make this your whole Food, you may eat thereof three times a day ; for 'tis a brave sort of Diet, and will gallantly support Nature, and recover lost Strength, but then you ought to continue it for 6, 8, or 12 Months, or else you cannot prove it ; for Diseases that have been several Months or Years a generating, and have crept on by degrees, cannot be recovered in a Moment, as some vainly and ignorantly imagin, but will require the like Graduation in the Cure.

*An excellent way of preparing Milk with
Wheat-Flower.*

Take two thirds of new-Milk, after it has stood six or seven hours from the time 'tis milkt, and add thereto one third part of *River* or *Spring-Water*; set it on a quick clear fire, then take some good *Wheat-Flower* and temper it with either Milk or Water into a Batter, and when you see your Milk ready to boyl, but before it does actually boyl, put in your thickning, and stir it a little while, and when it is again just ready to boyl take it off, and add *Bread* and *Salt* to it, as much as you please, and remember to let it stand in the Dish or Platter you put it out into, a while to cool, but do not lade it with your Spoon, as the manner is, but let it cool of it self, without any such Motion, which will make it much sweeter than it will do when it is cooled with a Spoon.

A good Spoonful of *Flower* is sufficient to thicken a full Pint of *Milk* and *Water*, and so proportionably, but you may make it either thicker or thinner,

as you like it, but it is best about the thickness of ordinary *Milk-Pottage*, and will eat sweetest, and be easiest of Concoction. This sort of Food affords a Nourishment of a firm Substance, does neither bind nor loosen the Body, but keeps it in good order, and breeds good Blood and fine Spirits, whence brisk and lively Dispositions proceed; this way of Preparation being much more friendly to Nature than the common way of *Boyling*, and the continual eating thereof will have better success, and never tire or cloy the Stomach.

Another good way of ordering Milk.

Take two thirds of *Milk* and one of *Water*, add what quantity of *Oatmeal* you please, or as you would have it in thickness, but inclining to thin is best, set it in your *Sawce-pan* on a fire that is quick and clear, and when it begins to rise or make a shew of *boyling*, take it off, and brew it in two Vessels or Juggs for that purpose eight or ten times to and fro, which will cause the fine Flower of the *Oatmeal* to give it self forth,

and incorporate with the *Milk*; then put it again into your *Sawce-pan*, and set it on the Fire, and as soon as it is again *ready* to boyl up, take it off, and let it stand a little, if you would have it fine (for the Husky or Bran-ny part of the *Oatmeal* will sink to the bottom) then add *Bread* and *Salt*, and let it stand in your Platter or Pottin-ger till it be Blood-warm, without causing any Motion to cool it. This is an excellent sort of Pottage, very friendly and agreeable to weak Natures, affording a good firm Nourishment, and easie of Concoction.

But if you are not satisfied that this will afford sufficient Nourishment, then you may between whiles, both in this Pottage, and also in the before-mentioned *Flower'd Milk* when you are minded to regale your self with a *Rich Dish*, add one *New-laid Egg* to a Pint, or a Pint and half, after this manner, *viz.* when your Milk and Water is ready to boyl, have your Thickning ready, with the *Egg* or *Eggs* beaten in it, and put it in, as aforesaid.

So when you would add *Eggs* to *Milk-Pottage*, first put your Milk and
Water

Water into your Sawce-pan, then take one spoonful of good Oatmeal newly made or grown'd, and beat it up with your *Egg* or *Eggs*, with either a little Water or Milk, and when it is ready to boyl, stir it in, as you did in *Flower'd-Milk*, and then you will have no occasion to brew it, as aforesaid. This is also a brave substantial friendly Food, and the Composition agreeable, there being no variation made by the Ingredients, but they imbrace and incorporate themselves mutually as one entire Body. However, in all the aforesaid *Milk-Meats* you ought to add some well baked *Bread*, and a little *Salt*, but do not by any means put *Sugar* in any of these *Pottages*; for *Sugar* is apt to obstruct the Stomach, hinder Concoction, fur the Passages, and dull the edge of the Appetite; it also heats the Blood, and causeth a sharp itching Humour to possess it; for this cause the frequent eating of it in our common Food, doth prove of evil consequence to our *Northern Bodies*, but more especially to *Children* and *Sickly weak People*; the same is to be understood of *Spanish Fruits*, and the *Spices* that come from

the East-Indies, they all growing in Countries as different from ours as Summer is to Winter; and therefore those that do indulge themselves with such things may daily find the Evil effects thereof, as I have more particularly demonstrated in *The Way to Health, &c.* But when there shall be occasion or reason for the sweetning of any kind of Food or Drinks, let it be done with good *white Sugar*, and not with *Syrups* as the custom of most is.

Milk boyled intire or by it self, is nothing so commendable as when it is mixed with *Water*, *Flower*, *Oatmeal*, as aforesaid, being not so easie of Concoction, nor of so cleansing a Quality.

Note also, That Milk is best the first half year after the Cow hath calved, but not so good after taking Bull or Conception; nor so wholsom either for the sickly or the healthy; consider Womens Milk after they conceive again with Child, is it so good as before? none will pretend it: Therefore those that have a mind to prove the Vertues of a *Milk-Diet*, let them begin in the Spring, viz. *March* or *April*, and take their Milk from Cows newly calved,

calved, not from through-milch'd Cows, though this last sort is the thickest, but I advise none to esteem of Milk for that Property.

There is yet another Preparation of Milk, called *Furmety*, viz. *Milk* and *Wheat*, which are in themselves two excellent things whilst they remain entire, but when mixed and made into *Furmety*, according to custom, with *Spanish Fruit*, *Sugar* and *Spice*, it is no commendable Preparation of Food; for first, the long boyling of the *Wheat* destroyes not only the brisk spirituous Vertues, but also the firm binding substantial Essence, so that thereby it becomes weak, feeble and insipid: 'Tis true, being mixed with *Flower* and *forreign Ingredients*, it may be made a pretty pleasing *grateful food*, but the common frequent eating thereof will quickly tire and glut the Stomach, by reason of the improper Preparation and Mixtures; therefore 'tis nothing so good as plain *Flower*, *Milk* and *Water*; the same is to be understood of *Wheat butter'd* and *sugar'd*.

Of Boniclapper, its Nature & Operation.

AMong the various sorts of *Milk-Meat*, I thought good to mention this, which though last spoken of deserves the first place, for its excellent use and vertue. *Boniclapper* is nothing else but Milk that has stood till it was sower, and become of a thick slippery substance, which will be in twenty four hours after it is milked, or thereabouts, if the weather be very hot, not else; but if it be put into Vessels in which Milk use to be sowed, it will be done sooner; and being of a pleasant sowerish Taste, and thick slippery Substance, it must be eaten only with Bread, especially by Consumptive People; it is a brave Noble Food both for healthy and unhealthy, especially for all that are troubled or subject to any kind of Stoppages; for it powerfully openeth the Breast and Passages, its easie of Concoction, and helps to digest all hard or sweeter foods, and makes them easie; it also cools and cleanseth the whole Body, and renders it brisk and lively, quencheth Thirst to admiration; and we know no sort of

of *Milk-meat* or other *Spoon-meat*, that is so proper and beneficial for Consumptive and Languishing People, as this; for tho' Nature be much debilitated, and the natural Heat wasted and the Spirit dull'd, yet this sort of Food will be light and easie on the Stomach, and be easily separated, and consequently digested, when new sweet creamy Milk cannot; for there is a ferment awakned in Milk by standing, viz. out of its own Body, which does tend to separation, and indeed is a high degree of Digestion, which hath a near simile with the ferment and separative Quality of the Stomach; for in this time of standing, the Milk, by vertue of its own ferment, hath done that which is left for the Stomach to do, when Milk is eaten sweet and new; and indeed if the Stomachs of those that eat new sweet creamy Milk, be not in good habit and case, it cannot possibly make so gentle, mild or friendly fermentation or digestion, as this sort of Milk does by vertue of its own ferment; for most distempered Peoples Stomachs are so much depraved, through ill habits, that they are too sower, with a keen
sharp.

sharp matter, which doth in a moments time so violently coagulate and turn the creamy part into a thick curd or hard substance, and the Wheyie parts into a sharp-keen Liquor, both which are very hurtful to Nature; Others Stomachs are dull and flat, the ferment, separative and digestive Faculties have (as it were) lost their brisk Liveliness and Power, so that it cannot make any true Separation or digestion, but the creamy and thick parts of the Milk and other Food, doth not only fur and obstruct the Passages, but they naturally generate crude Humors, evil Juices, dull heavy Spirits, and bad Blood; for this cause those People are dull, heavy and indisposed, full of disorders and pain, apt to be oppressed at the Stomach, especially after eating, indeed they are not well full nor fasting; wherefore we have advised such People, if they betake themselves to a *Milk-Diet*, to let their Milk stand three or four hours, or more, and then take off the top, which doth contain the thick or creamy substance, by which means the Milk becomes more easily digested and separated.

But

But here some will be ready to say,
*That this sowed Milk will not agree with
 the Stomach, nor be pleasant to the Palate.*
 This may be true at first ; for Nature
 seems to dislike with all changes, though
 it be for the better, but a little custom
 and use will salve this sore, and make
 it not only familiar, but most pleasant
 to the Stomach and Palate ; and he
 or she that have neither patience
 nor wisdom to admit of a little
 inconveniency, shall never have op-
 portunity to know the true intrin-
 sick Vertue of any thing, nor its nature
 or Operation. We know no Reason
 in Nature why people should dislike
 with this sowed Food, seeing most de-
 sire it in one degree or other, more es-
 pecially such as have disordered Sto-
 machs and weak Heats ? for the help
 whereof *Viniger, Verjuice*, the Juice of
Lemmones, Oringes, and many the like
 sharp-keen Juices have been invented &
 mixed with Food, and no doubt to good
 advantage, if order be observed therein
 because all such things have some affinity
 with the ferment of the Stomach, or
 rather with the separative Property,
 there

therefore Food, eaten, in which a proper quantity of such Juices are mixed will be easier, and digest sooner than a like quantity of food will do, in which there is none. But still, this sowered Milk hath a far nearer affinity both to the ferment, separative and digestive Faculties of the Stomach, than any of the sharp Juices last mentioned; for in this Milk, as is said before, there is a real ferment and separative Quality arises and proceeds out of its own body, and from the Animal Spirits therein contain'd, which hath much agreement with the Stomach, and above half the Work is done to Natures hand. And before People do envigh against this innocent simple Food, they should consider, that the Stomach and natural Heat cannot make any separation or digestion of any Food before there is a sowing or fermentation? This is most manifest in all *Chymical* Operations and Preparations, the spirituous parts will not separate from the gross body until such Menstrums are fermented, and become somewhat keen or sower, but then it must not be too keen or sharp, for then the

the Spirit will suffer, and receive hurt; the same in some degree is to be observed in all sowed Food, it must not be too keen or sharp, for then it will heat the Blood and irritate the original or sleeping Poysons in the Body? but when this *Sower Quality* is moderate in any thing, or properly mixed, its a gleam of the Life, and the true delight of the Spirit, it opposeth the fierceness of the *Bitter* and *Astringent Properties*, and quickens and enlivenes the *Sweet*, and is the quickning Power in every thing, all things are heavy, dull and flat when this Quality is impotent.

CHAP. III.

Of Water-Gruel.

A Nother thing very proper for weak Consumptive Natures, is *Water-Gruel*, and that is best which is made after this manner, viz. Take a quart of *River* or *Spring-Water*, add to it one spoonful and an half of good *Oat-*

Oatmeal newly made or grown'd, being stirred well together, set it on a clear Fire, when it is rising, or just ready to boyl, take it off, and brew it out of one thing into another, and so back again, as you do *Butter'd Ale*, then set it on the fire again till it be ready to boyl, but before it do so, take it off, and let it stand a while in the Swacepan, that the coarse Husks of the *Oatmeal* may sink to the bottom, and then putting it out, add *Bread* and *Salt*, or if you please, *Bread*, *Salt* and *Butter*, stirring it about well until your *Butter* be melted, that it may not turn to *Oyl*, and then let it stand without any further stirring till it be but *Blood-warm*; for much stirring or motion to cool it, does oft-times offer some violence to the pure Spirits; for all *Gruels*, *Potrages* and *Milk-Meats*, if they are let stand after they are prepared and put into the Dish or Platter, do naturally, as it were, *skin over*, which does retain and keep in the pure *Balsamick Vertues*, but will not confine the fierce furious Fires of *Saturn* and *Mars*, which being Aliens to the good Vertues of such Food, will not continue in it any longer than

than forced by the continual heat of the Fire, wherefore of their own accord they hastily fly away. Besides, it is to be noted, that *continual Motion* in all Liquid Bodies destroys and causes to evaporate the essential Spirits and good Vertues thereof. An Example of this we have in that Milk Women carry about two or three Miles in their Pails, shaking and measuring of it out by degrees, causing thereby, as it were, a continual Motion, which makes the *Volatile Spirits* to evaporate, and then presently the sweet Body and oily Quality is thereby wounded, and the Milk becomes thin and Wheyish, and it will not afford half the quantity of Cream, as Milk will do that is set to cream as soon as 'tis milk't; for that skinny substance that all Milk covers it self with, does keep in the pure essential Spirits, whereby the sweet Oily Body is preserved in its full Vertue and Strength; for the *Volatile Spirit* is the true Life of the *Balsamick Body*, and the *Oily Body* or sweet Quality in all things is the House or Habitation of the *Volatile Spirits*; therefore if one be destroy'd the other cannot sublist, but
im-

immediately dyeth. Likewise all violent Heat and Cold doth the same; for which cause in cold frosty Weather the like quantity of Cream will not make above two thirds of the Butter as it will do in warm moderate Seasons, and it will be much longer coming: The like in some degree is to be understood when the Season is extream hot; for hot weather too violently evaporates the volatile Spirits, and causes the sweet Body to sower, as the cold condenses the spirituous parts, whereby they become less volatile, which hinders separation, so that the oily fat Quality in the Milk cannot rise to the top in such quantity as in warm moderate Seasons.

For this cause all *Dairy-Women* ought to have such Milk-Houses as are *Warm in the Winter and Cold in the Summer*; for in cold Weather most Women are forced to let their Milk stand a long time, viz. several days, or else they will have a very small quantity of Cream; which long standing of Milk to get the more Cream, does awaken the *original Fires*, viz. the *astringent and bitter Qualities*; for which reason most

of the *Butter* made in the Winter has a kind of *sower bitter Taste*, which does not proceed from the *Hay* or *Grass*, as some suppose, but from the *long standing* of the Milk, as aforesaid. For *Butter* made in Winter, if the Milk stand no longer than in Summer, will be very good and sweet: And if the *Hay* had any such nature to cause a *sower bitter Taste*, how comes it to passe, that the *Flesh* of all Beasts fatted in the Stall in the Winter with Hay, is not only more firm, but also far sweeter, and fuller of brisk lively Spirits than in Summer, and therefore will take Salt much better, and afford a firmer Nourishment, and also continue sound and good much longer.

Note also, That *Boyl'd Milk* is nothing so good as either *raw* or *scalded*; for the boyling it does not only fix it, and thereby render it more stopping and harder of Concoction, but also the violent Motion of boyling does, as it were, totally destroy the volatile spirit, so that if boyled never so little, it will not afterwards afford any Cream but only a thin skin; for the *volatile Spirit* is so pure and subtle that it will
not

not endure any harsh or violent Motion, and so soon as that delicate Spirit is wounded, the sweet Quality or Family Oyl loosing its Power and Vertue, passeth away in an invisible vapour or fume, insensible to the Preparers; and this is the true cause why boyled Milk will not cream; whereas if you take Milk and scald it (but it must be done to a point, not too hot) and then take it off the Fire and let it stand in the same Vessel, and there will arise a brave thick clouted Cream, which way many use in the West parts of *England*, and therewith make very good *Butter*; but if you let your Milk be too hot, it will not cream to such advantage as otherwise. And this I hope may be a sufficient demonstration to the good *Dame* and *provident Housewife*, that the boyling of Milk entire, or by it self, is not proper, especially for weak Consumptive Persons, or Children, but that it is much better for Health, and to prevent Windy Diseases, and breed good Blood and Nourishment, to eat it raw, or altered with *Flower*, as above directed. And if Women were so wise and kind to themselves and their Children, as to

Mo to eat such Foods as are proper both
 Spir in Quality and Quantity, properly
 r famixt and duely prepared, and to give
 pat their Children no other, we should
 r o quickly have a healthier Generation,
 and and not be so strangely afflicted with
 Milk such variety of torturing Diseases, nor
 take have such great Numbers snatcht away
 e to with immature Deaths. And for their
 e it benefit herein, if they are not too
 me foolish to learn, and too froward to
 ave be taught, I will here add,

*A very excellent healthy Food for all sorts
 of Ages, but more especially for Chil-
 dren and sickly People.*

Take a quart of good Water, two
 full Spoonfuls of *Wheat Flower*, and
 two or three *Eggs*, beat the *Eggs* and
Flower together with some Water, and
 when the Water is ready to boyl, but
 before it quite boyl, stir in your batter
 or thickning, and keep stirring it till
 it be ready to boyl, by which time it
 will be sufficiently thick; then take it
 off, and add to it only *Salt* and *Bread*,
 and let it stand and cool without your
 help, till it become about as warm as
 Milk

Milk from the Cow, and so eat it. If you want *Eggs*, you may instead thereof add *Butter* after the Water, and Flower is so prepared with *Bread* and *Salt*, but *Eggs* are best.

This is a curious clean sweet Food, affords a brave sound Nourishment, opens all the Passages, breeds good Blood and pure brisk Spirits, is pleasant unto the Palate, grateful to the Stomach, and easie of Concoction; the common use thereof sweetens the Blood, and all the Humours, prevents Windy Distempers, and griping pains, both of the Stomach and Bowels, having no manifest Quality that does too violently predominate, all the Ingredients bearing a simile with each other, so that it may justly challenge the first place of all Spoon-Meats or *Pap*, and is the next Food to *Breast-Milk* for Children, and indeed often-times much better, by reason of the many Diseases and improper Foods many Women are subject to, or use. 'Tis also a special Diet for *Consumptive* people, if they will keep constant to it for one half year or a twelve Month, eating nothing else, and drinking every day

If two or three glasses of clear well brew'd Ale, with gentle Exercise, and sweet clean hard Beds, and moderate Cloathing. But remember that you do not add any other Ingredients to this sort of Food, as *Sugar, Spices, Fruits,* or the like, for then it will become of another nature and operation, and that for the worse, as I have demonstrated in the Chapter of *Mixtures of Foods*, in my Book intituled, *The way to Health, long Life and Happiness, &c.*

It is further to be noted, that this sort of *Spoon-meat*, and also all others, ought to be made rather thin than thick; for in such Foods the Liquid Element ought to predominate, whether it be *Milk* or *Water*, else the pure spirituous parts being in a degree suffocated, they will become dull on the Palate and heavy on the Stomach; therefore all Pottages and Spoon-meats that are made thin, and quick prepared, are sweeter and brisker on the Palate, and easier of Digestion, as being more spirituous than those that are thick and long a doing. And as all Foods that are properly mixt, and a due order observed in the Preparation

tion, will have no manifest Taste of strong *Hugo*, as all others have, but on the contrary, will yield a pleasant friendly Taste, and Smell most grateful; so you may observe of all Meats and Drinks, whose Taste and Smell are innocent and fine, they never cause any loathing in Nature, because there is no manifest Quality that does too violently predominate, but all the Properties or Tastes seem to be united, or stand in equal weight and measure; for where any doth bear sway, it will quickly awaken its Likeness, whence Discord, and an unequal motion ariseth, and thence a loathing follows; for in Sicknes, all such Meats and Drinks as were the original of the Disease, the very sight and smell thereof is offensive, and for that reason English People eating much Flesh and strong Drink in Health, do for the most part perfectly loath and abominate such things in Sicknes, desiring Water and more simple Foods, wherein wise Nature indicates and points out the proper Diet in such cases, if Men would but hearken unto her.

C H A P. IV.

Of Flesh Broths.

IF sick languishing People must eat *Flesh*, which in my opinion is nothing so proper to recover lost Health and Strength, as more simple innocent Foods, for several Reasons; As, 1st. Because it is that which most, both Young and Old at all other times make their chief Food, and consequently from thence their Distempers mostly proceed. 2^{dly}, 'Tis of a gross *Phlegmatick* nature and operation, of a moist oily Quality, therefore harder of Concoction than many other sorts of Food, whereby it generates gross Humours and thick Blood. 3^{dly}, The Beasts are often distempered, sometimes for want of care and skill in their Keepers, at other times by hot Weather and much driving they are surfeited, and yet killed before they have recovered those Disorders. 4^{thly}, By being killed in *improper Seasons*, viz. in

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the declining part of the year, as *August*, *September* and *October*, at which time the central heat in all things decays, and the Flesh of all Beasts becomes more gross, their fat soft, greasy and full of Phlegm and corrupt Juices ; and therefore Flesh will not take Salt nor keep so well then as at other times, and also, 'tis then their time of Generation and Uncleaness, which renders it still more dangerous and pernicious. However, the common eating of almost all sorts of Flesh, both clean and unclean, hath gotten such a dominion in Man, that all that I can say is little likely to abate those furious Inclinations ; therefore if the Sick will still follow Custom, and gratifie his Humour, and must needs have his *Flesh-Pots* and *Flesh-Broths*, we shall give some directions for the best ordering thereof, which is done after this manner, *VIZ.*

Let your *Flesh* be fresh killed, and otherways good, whether *Fowls*, *Beef* or *Mutton* ; First, make your Water boyl, then have your Flesh ready to put in, and encrease your Fire that it may not lie long in the Water before

it boyls again; and let your Pot or Vessel be large that it may hold a sufficient quantity of Water, that the flesh may swim freely; and when it boyls take your Pot-lid off, that the sulpherous fiery Fumes may pass freely away, and the Air have its free Influences upon it; for that Element is the true Life of the Spirit, and by having plenty of Water, the flesh is cleansed from its gross Impurities, which the best of Flesh is subject to; likewise you ought to keep a brisk clear Fire, that there be no intermission in the boyling, which would deaden or flatten the spirituous parts, so that the Meat will become dull and of an heavy operation, and grosser nourishment; nor ought you to let it boyl too long; for Flesh over-prepared is of an heavy dull nature, and ungrateful to the Palate and Stomach.

All *Broths* made of Flesh ought to be thin, brisk and full of Spirits, which render them easie of Concoction, and breed thin pure Blood. Many People imagine *Flesh* not only the most Nourishing, but also the Substantialst Food; but this must be numbered amongst

Vulgar Errors, it is indeed endued with abundance of gross Phlegmatick and corrupt Juices, and therefore those that make it their chief Victuals are most obnoxious to gross Scorbutick Humours in their Blood, whence proceed very impure Spirits, and burthen some unactive Dispositions, which by degrees occasion and increase many Diseases; for all *Flesh* is of a moist Phlegmy Nature, subject to Putrification; and therefore such as make their common Food are forc'd to drink much either with or after it, or at least they accustom themselves so to do, which much increases the aforesaid Inconveniences and Distempers. But on the contrary, many sorts of *Fruits, Grains, Herbs* and *Seeds* are for the most part endued with a far more firm, dry and cleaner Nourishment free from Corruption, and yielding more sublime Spirits. And there is as much difference between *Them* and *Flesh* as there is between *Grass* and *Corn* for true it is, *Grass* generates more Humours, viz. flesh and fat, and in a shorter time in all Cattel, but then such flesh is more soft, greasie, phlegmatick

and subject to Putrification, than that which is fed with *Hay* and *Corn*.

For this cause, the *Flesh* of all *Beasts* is much better in *Winter* than in *Summer*; and also all *Grains* and *Fruits* when the *Sun* and *Elements* have dried up and exhaled the gross cold phlegmy parts, are thereby made substantial, warming, and full of brisk lively *Spirits*, and will keep good several years without the help of *Art*; for the gross *Humidity* being purged away, their own innate *Salt* and *spirituous Vertues* preserve them; but *Flesh* cannot be kept without *Salt*, nor with it but for a little season. So that most *Men*, as well the ignorant as the learned, are deceived, when they fancy *Flesh* to be a more substantial warming Food than *Fruits*, *Grains*, *Milk*, *Herbs*, &c. for Experience will tell us that *Bread*, *Butter*, *Cheese*, *Flower'd Milk* and *Water*, *Raw Herbs* in their Seasons made into *Salads*, mixt with *Oyl*, *Salt* and *Vinegar*, and the like, are not only cleaner Foods, but more substantial, affording a more chearing and warming Nourishment, and all that have ever lived on them for any

competent time, do find themselves not so subject to Coldness and Qualms at their Stomachs; as those that frequently eat *Flesh*; for all sorts of Foods that are in their own Nature clean, dry, and free from gross phlegmatick Juices, will not only keep longer from *Putrifaction* without the Body, but they afford a cleaner and more solid Nourishment, in the Body, warming, cheering, exhilarating and encreasing the Spirits, whence proceeds an healthy vigorous Constitution of Body, strong and active Limbs, good Stomach and free Digestion; for always the more you imitate Nature in the Choice and Preparation of Food, the more useful it will be to you: For many Distempers, especially that general one, (*The Wind*,) which few that out-live Youth are free from, are chiefly caused through bad Preparations and improper Mixtures, or excess in Quantity or Quality of Food; which Defects are not to be remedied without great Wisdom and Temperance. But those that have not the knowledge and measure of their own Natures and Complexions, nor have seriously considered the

the intrinsick Qualities of what they eat or drink, 'tis no wonder if their Thoughts or Imaginations are wrong (*for blind men will stumble*) so that what they think is best and most profitable for the Health of their Bodies and Minds, proves the contrary. An Example we have in Peoples eating of Food hot from the Fire, or out of the Pot or Oven, they cry out, *The Meat will grow cold and be spoil'd, and there is little or no vertue in it if the fiery heat be gone*; Others are for *Boyling* their Food and Pottages *very much*, untill they become unpleasant for Sight, Taste and Smell, and grow thick, gross and dull; Others there be that think themselves brave Doctors or Cooks, when they mix ten or twenty rich things together, crying, *The more and the Richer, the better*, as if they were to make *Mithridate* in their Bellies. All which, and many other the like preposterous Conceits and unnatural Ways, serve only to wound their Healths still more and more, as first to *Contract*, and afterwards to *Continue* and *Encrease* great numbers of Diseases.

C H H P. V.

Of Flumery, its nature and operation.

Flumery is the ancient Gruel the *Brittains* used to eat, and the use of it is still continued amongst the *Welch*; it is made after this manner; Take two or three spoonfuls of Oatmeal, more or less, and put into it a convenient quantity of Water, and let it stand until it begin to be sowrish, then take this Water and Oatmeal and put it into a Vessel, stirring it, and make it boyling hot with a quick Fire, and when it begins to rise, brew it to and fro with your Ladle, to keep it from boyling, this do about five or six Minutes, and then take it off the Fire, for it is prepared to the highest degree. The *Brittains*, and those that now eat this sort of Gruel, had and have various ways of eating it, viz. to mix Ale amongst it, and so eat it with Bread, others Milk, Cream, and the

the like, which Mixtures are not much amiss; but in my judgment those that have regard to their Healths, Strength, and brisk lively Dispositions, or such as eat it to open, cleanse, and help the digestive Faculty, and to remove offensive Matter from the Stomach, ought to eat this sort of sower Gruel only with Bread; for thereby it more powerfully removes the Obstructions of the Breast, helps the natural Heat, strengthens the Stomach, cools the whole Body, openeth the Passages, and makes the Body lightsome and airy. This is a most commendable Gruel to be eaten for a Breakfast in all hot Seasons and Clymates; for the sowerness, or the fermentation doth so aptly fit it to the Stomach, and has, as it were, digested all tough or slimy matter, so that it becomes easily separated, and so passes away more quick and free, leaving no Dregs behind it that doth either fur or obstruct the Passages, which most sweet foods are fit to, especially when any shall exceed in Quantity. I commend this sort of Gruel to all weak Stomach't People, and to such whose Breast and Passages

are fur'd and obstructed by sweet, tough or Phlegmy matter.

There is also another way of making this Gruel, used chiefly among the wanton Gentry, *viz.* they take *Water* and *Oatmeal*, as is before mentioned, and let it stand a day, more or less, as they think fit, then they pour off that *Water* and put on fresh; some will do this four, five, six, seven, eight or nine times one after another, letting each *Water* remain on the *Oatmeal* a certain time, then they take it and boyl it up, and mix it with *Milk*, *Cream* and the like: But this way is nothing so brisk, lightsome and lively as the former; for *Oatmeal* hath passed through, in its Preparation, a certain fermentation or digestion, by which the gross body in the *Oats* is opened, and the more internal or central *Vertues* become thereby volatile, so that it readily gives forth its vertue when it is committed to the great *Menstrum*, *viz.* *Water*, even as *Malt* doth, though not to that degree, because the digestion or fermentation is not so high; but being washed with several *Water*, it becomes thereby
stupid.

stupid and destitute of all its good Qualities; nay, the very Air will exhale and draw forth the more spirituous parts of all *Flower*, if exposed to it; though the Grain have never passed through any fermentation or digestion, as the *Flower of Wheat*, which is the strongest, and of the best substance of any others; for this cause, *Flower* that hath been grown'd five or six Weeks, or more, though it be kept close in Sacks, will not make so sweet nor so moist pleasant Bread as that which is newly grown'd; therefore all *Bread in London* does eat drier and harsher than Bread in the *Country* that is made two or three days after the *Wheat* is grown'd; for so soon as any Grain is bruised or broken into a powdery substance, the essential Spirits become thereby, as it were, violated, and liable to evaporation; for they are so subtle, quick and penetrating that nothing can hold or continue them, but of necessity they either evaporate or become suffocated; if inclosed by any thing: Therefore all *Gruels* ought to be made with new grown d *Oatmeal*, and Bread with new-grown'd *Flower*;

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sist in the essential Spirits and balsamick Vertues, therefore no Vegetable, Animal or Mineral can be preserved any longer than the Spirit remains intire and unviolated: This we would have all Men consider, especially Physitians and Preparers of Food; and we must needs say, he that invented this last way of making *Flummery*, was no Philosopher, his Eyes were too dim to behold the true Spirit and Life of things.

C H A P. VI.

Of the several sorts of Bread, and which is best, especially for sickly People.

ONE of the best sorts of *Bread* for sickly People is made of *Wheat Flower*, the course or *husky Bran* dressed out, but not fine dressed; for then it will be *dry* and *husky*, apt to obstruct the Stomach; for the inward skin or *Branny* parts of *Wheat* do contain the *moist Quality*, which is opening and easing.

lie of Digestion, and in the fine *flowery parts* does consist the *Nutrimetive* Property, therefore they do best together, and ought not to be too curiously separated, as some nice People will do, who *know* no more of the Nature of things than an *Horse*, and *observe less*

Also it is to be noted, that *Leaven'd Bread* is to be preferred before that which is made of *Yeast*; for *Leaven* was a *Philosophical Invention*, that *Sower* quality therein being much more agreeable to the ferment of the Stomach than *Yeast*, and easier of Digestion, and more cleansing; So it opens the Vessels and Encreases the Appetite; and a little use will make it familiar and pleasant to the Eater. But *Yeast* has a contrary Nature and operation, it being a meer *frothy fume* or nauseous Excrement, which Nature throws off, and spews out as her Enemy, and when it is mixt with any thing it endues it not only with an *ill Taste* (which you will quickly perceive, if you are not accustomed to it) but also is apt to send fumes into the Head, and to foul the Stomach, and there-

therefore nothing so profitable and wholeſom, as well made Leavened Bread; which may more manifeſtly appear by moſt of the *Ale* in *London*; for that not being ſufficiently wrought and cleaned from this *Yeasty* matter, it is not only thick, but its Taſte groſs and unpleaſant, ſending dulling fumes into the Head, fouls the Blood, deſtroys the Appetite, and generates evil Juices in the Body.

Leaven'd Bread is beſt when made after this manner; Take what quantity of *Flower* you pleaſe, make an hole in the miſt of it, then break your *Leaven* in, and take ſo much Water made as warm as your Blood, as will wet half your *Flower*, mix the *Leaven* and *Flower* well together, then cover it with the Remaining *Flower* cloſe, this do at Night, and the next Morning the whole Lump will be well fermented or *Leaven'd*; then add ſo much warm Water (but remember it be no hotter than the Blood) as will ſuffice, and knead it up very ſtiff and firm, until it be ſmooth and pliable; but the more pains you take in kneading it, the better and ſmooother the Bread will cut, and

and eat much softer and pleasanter in the Mouth, and be easier of digestion; and when you have well kneaded it, let it lie warm by some fire about two hours, until your *Oven* be ready, then make it into small Loaves as you think convenient, and let them be Baked with the Ovens mouth not close stopt, that the Air may have more or less Egress and Regress; but the better way is to make it into *thin Cakes*, like *Oat-Cakes*, and, bake them on a *Stone*, which many in the North of *England* use for that purpose, making a Wood Fire under it. This sort of Bread is *sweeter*, of a more innocent Taste, and far easier of Concoction than any Bread bak'd the common way in *Ovens*.

After the same manner you may make Cakes of any sort of Grain, viz. *Rye*, *Oats*, or *Barley*, and you will find it a brave wholesome hearty Bread, and every way more profitable to Nature, than such as are made in the usual manner.

Note also, that the putting of *Salt* into Bread is injurious; for *Salt* is an unseparated body, in which the Original Qualities do too violently pre-
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dominate, being of a keen tart hot Nature and Operation, and therefore if it be joyned with any Body or thing that is not subject to Putrifaction, or full of Phlegmy gross Humours, then it presently preys on the good Vertues and essential Spirits; For this cause *Salt* does cause all sorts of *Bread* to corrupt; for in it. it finds no manifest matter of Putrifaction to work on, and therefore seizes the good Vertues, and by its keen fierce hot property destroys and corrupts it. Therefore such *Bread* as is intended to be kept a considerable time, no *Salt* is wont to be put into it, as *Biskets* that are carried to *Sea*, and the like: But for such as make *Flesh* most of their Food, *Salt* is an excellent Ingredient, and for some other sorts of Food, that is for present eating; For *Salt* naturally sharpens the Appetite, begets good Digestion, being gratefull to the Stomach, and resisting Putrifaction, provided it be not used in too great a Quantity, for then it spoils all or, when it hath lain in any *Flesh* or *Fish* too long, by which the good Vertues are Evaporated or Distempered; for then

then such Flesh and Fish proves very Injurious to the Health, and corrupts the Blood, as is most manifest by such as feed on such over-kept salt Meats at Sea, for they are at the very next door to Putrifaction. And as *Salt* is endued with the first Original fire, so on the other side, it hath a most powerful lively spirituous Quality, but the first harsh fires do predominate; Therefore 'tis fit to eat *Salt* with all fresh Flesh, or to have the Flesh salted three or four weeks before you eat it; but Bacon of all other is best when longer *salted* and *smoak't*. Likewise many Innocent Foods will admit of *Salt*, but then they must be eaten presently, as Pottages, Salads, and the like; so likewise in *Butter* and *Cheese*, *Salt* preserves them a considerable time.

By the way, I would have the *House-wife* take notice, that *Bread* or *Cakes* baked on *Stones* in *Chimnies*, or at the *Ovens Mouth*, will be much whiter than if the same were baked in an *Oven close stop't up*; for the former having the free Influences of the Air, the pure Spirits are thereby kept living,
and.

and their pleasant white colour does not only shew its clean Innocent Nature, but it proceeds from and is a true *Gleam* of *Light*, arising from the Tincture and Volatile Spirits, which are destroyed when the heat is intolerable, and the egress and regress of that Friendly Element, the Air, obstructed. And therefore *Bread* baked in close stopt Ovens is of a duller dusky Colour, more *Saturnine* and *Martial*, according to the degree of Heat, and time of standing in the Oven. The good *House-Wife* may also remember, that *Bread* is not of so strong a substance and nourishment as *Flower*, when it is mixed with *Water* or *Milk*, for that potent glewy tough substance that naturally *Flower* is endewed with, is lost and destroyed in *Bread* by the intolerable heat of Ovens, and some other Circumstances that belong to the making of *Bread*; therefore it will not thicken either *Water*, *Milk* or any other liquid Body, nor be so strong, tough and glewy; and therefore all such Foods as are made with *Flower* are more strong and substantial than *Bread* mixed with such things. Also

Flower

Flower so eaten is white, innocent, soft to the Touch of the Palate though otherwise it is a brave food, proper to be eaten with *Flesh, Butter, Cheese, Herbs*, and many other things, in so much that for its frequent and excellent use it is not undeservedly called and accounted, *The Staff of Life*.

CHAP. VII.

Of Butter, its Nature, and how best to be Eaten.

B*utter* consists of the fat or *Oily* parts of *Milk*, and is a brave wholsome Ingredient to be eaten moderately with Bread; For few, and indeed scarce any of the other ways of eating and using it are proper or so agreeable to Nature; and that my asserting this may not startle the Reader, I shall give him my Reason for it, which is this, Because *Butter* having already in the making of it passed through due *Fermentation*, the Spirituous properties thereof, are thereby unboun-

unbounded or fet at liberty, and become *Volatile*, the truth whereof you may perceive by this Experiment, If *Butter* be but exposed four or five days to the open common Air, it will lose a great part of its pure *smell* and *taste*; but much more if it be committed to the *Fire*; therefore *all melted Butter*, and such Foods wherein *Butter* is mixt, that are baked or fied, are not profitable for Health, but become heavy of Concoction, and strong upon the Palate, and the common eating thereof doth generate evil Juices, thick Blood and dull heavy Spirits, whence proceeds, scorbutick Humours and various Diseases in the Blood, But *Butter* in its own Nature is an excellent thing, and very profitable, if mixed with proper Food, as *Bread*, *Herbs*, *Roots*, and the like; but if not properly mixt and eaten, then it Oyls and Furs the Vessels of the Stomach and Passages, hinders Digestion, and generates evil Juices and many Diseases.

The best *Butter* for the Stomach is that which is made from the beginning of *May*, to the last of *July*, or middle of *August*, or thereabouts; for then Grass is

is in its full strength and Vertue. Yet what is then potted or firkin'd up for Winter will have somewhat a stronger taste, by reason of the length of time, and heat of Weather, but still it is much finer and more wholsom, and free from phlegm, and easier of Concoction than that which is made of Rowings or *Leather-Math* (as they call it) though this latter sort is oft times much sweeter to the Pallate at first eating, but it quickly *cloyes*, by Greasing the Stomach; for it is endued with much gross phlegmy matter, like the Grasse at that season; For Hay made thereof is of little strength or Vertue, as all Husband-men do know. And as to *Butter* you may try it thus, melt a like quantity of the *Summer* and *After-Math Butter*, in two several Vessels, and let it stand a while, you will find the *latter* throw off and afford more Phlegm a great deal than the former; But as this is made near the *Winter*, so it is new, and that is the cause why it seems some-what sweeter to the Touch of the Pallate, though the former be much better, and wholsomer, and will go further. All *Butter* ought to be well

well seasoned with *Sait*, for that quickens and makes all fat Bodies brisk and easier of Concoction; For *Butter* otherwise is but a dull heavy body, and ought by all People to be eaten sparingly, but more especially by those that are weakly.

CHAP. VIII.

Of Cheese.

Cheese is an hard tough strong Food, very nourishing and substantial, and excellent for healthy working People; for being eaten with good store of *Bread*, it endues those that commonly feed thereon with clean sound Bodies, and brisk lively Spirits, able to endure Labour and Travel, if good *Drink* be not wanting; And this so far beyond those that make *Flesh* their Food, that experience teaches us, that no Men are able to hold out in hard Labour with those that eat good *Wheaten-Bread*, and *Fat Cheese*, that is one or two Years old, (for both sorts are good according to the Country they

come from, and as the Cheefe is in thickness, or the contrary) 'tis true *Bread*; and *Cheefe* does not breed so much Nourishment as *Flesh*, but it is clean and of a stronger firmer substance, digesting and relishing *Drink* to better advantage than the best *Flesh* in the World can. And suppose four Men were only to eat *Bread* and good *Cheefe*, intermixt now and then with *Flower'd Milk*, *Milk-Pottage*, *Water-Gruel* and *Raw Salads* season'd with *Vinegar*, *Salt* and good *Oyl*, and for their *Drink* good sound well prepar'd *Beer* or *Ale*, not over-strong: And a like Number of Men, seeming of equal Limbs and Strength, were to live on variety of *Flesh*, with *Bread*, and the same *Liquor*; and let both Companies be kept to the same hard Labour: In one half years time the former, by virtue of their plain simple Food will be able to out-do the latter, and tire them to Admiration; and the Reason hereof I taught you before, viz. because *Flesh* is gross and full of Phlegmatick Juices, which load the Body with superfluous Humours; but *Bread*, *Cheefe*, *Pottages* and *Herbs* are clean, sound

and free from such Impurities, and consequently breed better Nourishment, fine Blood, pure brisk sparkling Spirits, which give great strength and vertue to the Body. Nevertheless, *Cheese* in its own Nature is somewhat hard of Concoction. Where good strong natural Heats are, it proves a great strengthener to the Stomach and all the Vessels thereof, but all weak People ought to eat *Cheese* sparingly, viz. a little *Cheese* and a great quantity of *Bread*, so that the *Cheese* may serve only to relish it; for as *Cheese* is a pleasing Food to the Palate, so it is grateful to most dull flat Stomachs, if it be eaten sparingly, and with discretion, and will comfort, chear and strengthen them. What we said of *Butter* may be repeated of *Cheese*, That the best is that which is made from the beginning of *May*, to about the beginng of *August*; for after that season, the Sun, which is the central Heat and vivifying Power, of all things declines with winged speed, and all Vegetations by sympathy do the same.

CHAP. IX.

Of the best sort of Puddens, and the contrary.

THis is a great sort of Food in *England*, we are famous for it abroad, and there is no Nation besides, that I know or have heard of, that practises it so much, and if we were not altogether so fond of them, especially as they are commonly made, 'twere no matter; for such *Puddens* as are enriched with various sorts of *Spanish Fruits* and *Indian Spices* are for the most part very hurtful to Health, because the variety of improper Ingredients does destroy most of the good genuine Vertues of our own Country-simples, so that such things cannot properly be called Food. 'Tis true, all sorts of *Spanish Fruits*, so long as they remain intire, and in their own simple Nature, and for proper uses, are brave rich things, but if any sort of *Raisins* be alter'd, by being mixed with several things, and then boyl-

ed,

ed, the true natural Vertues are hurt, and they are rendred next door to Putrification; for the Sun and Elements had before already prepared them to the highest degré, and whatever else is done by way of Preparation, proves injurious to them.

In *Puddens* it is usual to mix *Flower*, *Eggs*, *Milk*, *Raisins* or *Currants*, and sometimes both *Spice*, *Suet*, the *Fat* or *Marrow* of *Flesh*, and several other things; whereas in truth any two of those things would far better have supplied Nature with true and proper Nourishment; and if any healthy Person should be confined to such *Puddens* but for one week, he would be tired, and perfectly loath them: whereas he may well live many years upon *Flower* and *Milk*, or *Eggs* and *Bread*, or *Raisins* and *Bread*; but when all these, &c. are jumbled together, they make a confused Portion.

There is another sort of Pudding, called, *Bread-Puddens*, which are a sick fainty Food; for nothing can be good and proper, if twice prepared, if the first Preparation be to the highest degré, as it is in *Bread*; also, to put

somethings prepared, as *Bread*, with
 things unprepared, as *Flower*, *Eggs*,
Spices, and the like, is not only impro-
 per, but unnatural to the *Stomach*.
 Therefore such Foods ought not to be
 eaten by any that love their Health
 and Strength. For common sense may
 suggest what a strange disorderly jumble
 and *Mishmash* so many contrary In-
 gredients must needs make, when boy-
 led together in the *Stomach*, and what
Heterogenious kind of Juices or Nourish-
 ment the same will produce. For Ex-
 periment, be pleased to take *Flower*,
Fat, *Spices*, *Eggs*, *Currants* and *Raisins*,
 put them altogether in any Vessel, and
 then take *Flower* and *Milk* and put into
 another Pot or Vessel, or *Eggs* and
Flowers, or *Fruit* and *Flower*, or *Spice*
 and *Flower*, or *Bread* and *Milk*, and let
 both Pots stand two or three days,
 then observe both, and smell and taste
 of the one and the other, and you will
 certainly find, that the simplest and
 where the fewest Ingredients are, will
 smell and taste better, and be less
 offensive than that wherein they all are
 mixt; for the *first* will stink, corrupt
 and putrifie much sooner than the sim-
 ple

ple things will. But this is nothing
 — How many things more besides
 these *confused Puddens*, do men eat at
 the same Meal, cram down into their
 Paunches, viz. various sorts of *Flesh*,
Fish, *Butter*, *Olives*, *Capers*, *Herbs*, *Roots*,
Mustard, *Tarts*, *Raw Fruits*, *Cheese*, &c.
 which when rightly consider'd cannot
 but appear a strange Composition, and
 odd Mess of Stuff, able to corrupt the
 strongest and best of Stomachs, only
 Custom does make them some-what
 more friendly, and easier for Nature
 to bear, than otherwise they would be;
 for do but put all the before-menti-
 on'd Dishes of one extravagant Meal
 altogether in a lump into a Pot, or if
 that be too little, into a Caldron or
 Furnance, and mix them all together,
Hicklede-Pickledy, and let them lie a day
 or two so and ferment, and then smell
 to the heap, and if you do not con-
 clude that the common use of such *Din-
 ners* or *Suppers* is Natures Destruction,
 and the Parent and Nurse of a multi-
 tude of strange and complicated *Dis-
 eases*, you are fitter to eat out of a
 Trough with *Swine* in a *Stye*, than to

be consulted with about *Diet* for *Health*.

But since 'twill be difficult wholly to wean People from their *beloved Puddens*, the best way of making them is thus, Take *Wheat-Flower*, *Eggs*, *Milk* and *Water*, of each a convenient quantity, mix there-with a little *Salt*, and beat them well together, put this *Batter* into a Bag, boyl it sufficiently in a good quantity of *Water*, with your *Pot-lid* off, and a quick clear *Fire*, and let it boyl without intermission, till 'tis enough, and then slice it, and butter it with good *Butter*. This is a good sort of *Puddens* for such as admire them, which *Young People* do, but if *Aged People* eat any sort of *Puddens*, especially baked, before the horrid Fumes are evaporated and dispersed, it will, the most of any Food generate *Windy Diseases*, which you may prevent by letting it lie in the Dish or on your *Trencher* a while, and these sulphurous Vapours will separate and fly away in a Rapid Motion. And in truth, a little use and custom will render this sort of *Pudden*, or any others,
more

more friendly to the Stomach, and in all respects wholsomer, and freer from Windiness, if eaten quite Cold, which is for certain more commendable than any other way. I cannot perhaps by words make People either believe it, or be sensible of it, *Custom*, and the false Prophet *Tradition* hath so blinded the Eye of Mankind, so that nothing but *Experience* will be able to convince them: And if none will try nor follow the Rules of *Reason*, I shall yet be well satisfied, in that I have done my Duty; therefore let none be offended at, or despise the simplicity of what I recommend; For all the *Wayes of God*, and his *Hand-Maid Nature*, are plain and familiar, and all needful *Furniture*, both for the *Body and Mind*, are every where ready at hand, cheap and obvious: But the Evil one hath taught subtil Devices, and men have found out many Inventions, equally chargeable and pernicious.

CHAP. X.

Of Eggs, their Nature, and the best way of dressing and eating of them.

EGgs are an excellent sort of Food, each of them compleatly containing all the true Properties and *seminal Virtues* of that Creature whence they proceeded, therefore are one of the best sorts of things that is eaten, being of a *fat oily* quality, but very friendly and innocent in operation, if well prepared, affording a strong substantial clean Nourishment, easie of Concoction, and such as breed good Blood, but then they must not be eaten after the common way of dressing, that is to say, *boiled*, and after eaten with *Butter*; for *Eggs*, I told you before, are of an *oily fat* Nature, especially the *Yolks*, and being eaten with *Butter* whilst the sulphurous heat of the Fire remains in them, that turns the *Butter* to a kind of a gross *Oyl*, which does not only tye or hold captive the fierce Atomes
of

of the Fire, so that they cannot separate and fly away, but the melted Butter does dull and flatten the brisk spirituous part of the *Egg*, and makes it gross and heavy of Concoction, as also cloyes the Stomach; and for this cause many cannot eat hot buttered Eggs, without having their Stomachs much offended, and so many do not love nor eat Eggs on this very score, but are insensible of the true cause thereof. But these very Persons shall love them, and find them very agreeable, when prepared properly, as I have often known. Therefore I shall here briefly set down several Methods of preparing of Eggs both proper and natural, and very agreeable to most Stomachs, both of strong, and of weakly, or consumptive People.

1. Boil Eggs rere, or soft, then break the Shells, and put them into a Plate or Pottinger, and let them stand till they are but *Blood-worm*, then eat them only with *Bread* and *Salt*, or such whose Stomachs are strong, and that are great lovers of Eggs, may eat them with *Bread* and *Butter*, but the

Butter not melted, but spread upon *Bread*.

2. You may boyl them pretty hard, peel the Shells off, and when cold, eat them with *Bread*, *Vineger* and *Salt*.

3. *Poaching*, or boiling them unshelled in *Water*, is a commendable way, being eaten with *Salt* and *Bread*, or *Bread*, *Salt* and *Vineger*.

4. Take a *Pint* of *Water*, and one large spoonful of *Wheat Flower*, made into *Batter* with *Water*, when your *Water* is boiling hot, break one *Egg* into this *Batter*, and beat it together, and just as the *Water* is ready to boil, stir in your *Batter* a little while, until it be again ready to boil, then take it off, and it will be of a sufficient thickness, put thereunto a little *Bread* and *Salt*, and a small quantity of good *Butter*, stirring of it about that the *Butter* may not turn to an *Oyl*, then let it stand till *Blood-warm*, and eat it. This is a brave clean Food, easie of Digestion, breeds good Blood, and a firm Nourishment, with brisk Spirits.

Lastly,

Lastly, *Eggs* are very wholsom raw, supp'd off in a Morning, and *Bread* eaten after them; for they clear the Stomach and free the Passages from Obstructions, and make the Eaters thereof lively, and long breath'd, if frequently eaten. But let all People remember that they do never eat *Eggs* boyled in the Shells, whilst they are hot, for they often then prove pernicious to Health.

CHAP. XI.

Of Pyes, how they ought to be made.

A *Pple* and *Pear-Pyes* are a good wholsom healthy Food, provided such Fruit be thorow ripe, and no improper Ingredients added, as too frequently People of late do, both amongst the *Apples* and in the *Crust*, for most put a great deal of Butter into the Crust, and such Dough or Crust having no Ferment, viz. *Leaven* or *Yeast* to make it light, thereby becomes of a close heavy substance, and the Butter.

Butter makes it still more heavy, close and ponderous, and being baked in the close strong sulphurous heats of Ovens, they yet become more unwholsom, hence ye-crust does load the Stomach, and disagrees with many; and those that find it best are more beholding to use, which has familiariz'd it to their Bodies: Besides, most that have where-withal do put too great quantities of Sugar amongst their Apples and Pears, whereby it becomes more like a Medicine than Food; therefore such Pyes, if a man makes a Meal of them, will not give his Stomach that satisfaction as all proper Foods will; and also the eating of much Sugar in our Food does extraordinarily foul the Stomach and fur the Passages, is injurious to the natural Heat, and breeds bad Blood, and fills the Body full of the Scurvey, taking off the edge of Appetite, and generates evil Nourishment; for this cause most People, and especially Children and Women, who eat much Sugar and Spices in their Victuals, are so puling, and afflicted with a number of Diseases; for much sweetness in Food is as dangerous, and proves as
great

great an evil to Health, as the bitter, sour or astringent Qualities do, when they shall exceed in any Food, and far more, because sweetness is more enticing to most sorts of People, especially to Children and Youth ; whereas the other Quality is not so, but the contrary, and no Person need so strongly to arm himself against those Intemperances that his natural Inclinations do not lead to, but the greatest danger of his being misled or overcome, is by those Intemperances that are most agreeable to his temper, for by such Evils he is overcome, as it were, insensibly: For sweetness is an enticing Quality, and though in it self the best, yet proves of dangerous consequence where it exceeds in Food, in which too much Sugar is mixed ; for indeed every sort of proper Food has sufficient quantity of Sugar, I mean sweetness in it self, to moderate the other Qualities, viz. the bitter, sour and astringent, so that when People mix such quantities of Sugar in their common Food, they destroy the Equality and Harmony of that thing, so that it becomes an extream, and causes the like disharmo-

ny in the Elements of the Body ; for the best Quality in Nature is as great an evil when it too violently predominates, if not greater than those we least esteem of, as the Bitter, Sour or Astringent ; for these last carry their corrector with them, as having no intoxicating property. But these things are seldom consulted either by the Learned or by good House-Wives, but they go on in the Road, and every day encrease hurtful Extravagances, perswading themselves that the more cost they bestow, the more rich things they jumble together, the better and more nourishing their Food must be ; and more nourishing indeed it is, but of Diseases and evil Juices ; whereas plain, coarse, cheap, simple Foods are much more friendly to Nature, and consequently more strengthening and restorative. And therefore in former Ages, when Sugar, *Spanish* Fruits, Spices, Sweet-Meats, and the like, were not known in these Northern Climates, People were not only healthier, but stronger, larger, and bigger bon'd than of late Years, since the frequent eating and mixing those foreign Ingredients

dients with our more natural Food, which have and do daily prove of fatal consequence to the Healths of many that immoderately use them.

The best Pyes, whether of Apples or Pears, are made thus. Take good Wheat Flower, make it into a Paste with a little Leaven or Yeast, as you do Bread; with warm Water, or Milk and Water, but no warmer than your Blood; let your Apples and Pears be full ripe, and you need not mix any other Ingredients with them. except you please to put a few of our own Country Seeds, either *Carraway* or *Fennel-Seeds*, which are very good and agreeable to most Stomachs. The best fashion to make these Pyes in, is that of Pasties, which in some Countries they call *Overslaps*; for Crust or Paste that is made after this manner will not stand or be raised according to the common custom. And indeed if this wholsom Food were in fashion, and that esteem which it deserves, People need not be at that charge with their Daughters to learn them to *Rise Paste*, which invention was more for *State and Pride* than *Health*. This last sort.

of

of Apple and Pear-Pyes are the best, most natural and agreeable of all others; for they afford a *Nourishment* of a fine clean substance, open Obstructions of the Breast, cleanse the Passages, and gently open the Belly, and you may eat of it every day, without any kind of weariness, during the time such Fruits are in their full strength and vertue: I wish the *Nice-Cockered Palated Citizens* would but try the difference for one year, and then many of them would hate that Ignorance and Vanity whereby they have contracted Diseases on themselves, and entailed them on their Posterity, which have no Remedy, if they shall continue stubborn, and walk down Hill to Destruction in the Path of blind Tradition; for no *Medicines* have power to cure the Distempers that are contracted by improper Preparations, Mixtures and Superfluity, if the same be still continued. This is evident from daily Experience; for do we not find every succeeding Generation more infirm and diseased than the former?

2. In the baking your *Pyes* the *Oven* ought

ought to *stand open*, or at least the Ovenlid not so close but that some Air may pass, for this Element is the true Life of the Spirit; therefore all Preparations in which the Air has its free circulation the Tincture and pure spirituous Vertues are preserv'd from Suffocation, and thereby the true natural Colour, Smell and Taste preserv'd, without violation, which otherwise cannot be done to that advantage.

3. When your Pyes are sufficiently baked, draw them, and cut holes in the top of each, that the sulphurous *Atomes* and fiery vapours may the better pass away, and separate themselves, which will make such Pies sweet, and less windy, and much more wholsome.

4. You ought neither to eat them hot, nor put Butter into them, as the custom of some is; for that does but waste your Butter, and render your Pyes less wholsom than otherwise they would be. But if you let them stand, as aforesaid, till they are through cold, you may eat freely of them, for they are a brave wholsom food.

Also,

Also, ripe Apples raw are very good, being eaten alone, or with Bread, not as a common food, but sometimes between whiles; for they clear and open Obstructions of the Stomach, and gently loosen the Belly; the same of most other Fruits, as *Apricocks*, *Peaches*, *Plumbs* of all sorts, *Gooseberries*, *Currants*, and the like, if eaten moderately on clean well-prepared Stomachs, not after Dinner, or in Wantonness on full Paunches, as is the custom of *Gluttons*, and such as are much strangers to Nature as to Temperance.

As for *Pies* made of *Flesh*, with *Fruits*, *Spices* and *Butter* in the Crust, they are utter Enemies to the Stomach, and the natural Heat thereof, they dull the edge of the Palate, stop and cloy the Orifice of the Stomach, obstruct and fur the Passages, breed evil Juices, bad Blood, and consequently impure Spirits, causing heavy lumpish Dispositions to attend all those that frequently eat such improper Food, and this so much the more if eaten *Piping-hot*, as the common way is; And rather than the *Venison-Pasty* shall want store

store of poysonous sulphurous Steams,
 my Lady will have it put into the Oven
 three or four days one after another,
 that it may (forsooth!) come to the
 Table *Reeking-hot*; whereas if her Ma-
 damship had but any Acquaintance with
 Dame Nature, or the *Princess Reason*, or
 plain *Grammer Experience*, they would
 all tell her, That though her *fine Pasty*,
 with as many *Towers* o'th' top on't as
 a fortifi'd City, presaging danger or de-
 struction to those that shall attaque it, be
 at best but an *unseasonable unnatural kind of*
Food, yet 'twere much better *Cold* than
Hot at first, much more after the *greas-*
ie Crust and *skifled Flesh* has so often
 been *Parboyled* in the furious Steams of
 a close sulphurous Oven. The cause of
 which I have oft told you already, and
 fear I must do so again, before you will
 understand, and so regard it as to aban-
 don your old silly mischievous Customs;
 but the Reason is this, The pure vola-
 tile Spirits and sweet Balsamick Vertues
 of all things are in a great measure de-
 stroy'd by the fierce *Saturnine* and *Mar-*
tial Fires, and for want of the free E-
 gress and Regress of the Air, and there-
 fore a less quantity of *baked Flesh*, espe-
 cially

cially *hot*, will cloy and dull the edge of the Appetite, than either *Roasted* or *Boyl'd*, which is a sure demonstration that the Preparation is not so proper or natural.

Likewise, here by the way I cannot but advertise all that regard their Health, That they ought to forbear the eating of *Hot Bread*; for the same does plentifully contain the fierce sulphurous Vapours and windy Fumes, which are very injurious to the Health of the Body; as also, that Bread ought not to be eaten till 'tis at least two days old; for before, it is stopping, and apt to fur and obstruct the Stomach, being harder of Concoction than that which is two, three or four days old, because in such new Bread, not only the forementioned sulphurous Atomes of the Fire lie lurking, but there is also a phlegmy humid part, which a little time does dissipate and dry away, and then the Bread becomes much wholesomer, and also easier of Concoction: 'Tis true, new Bread is much desired and eaten in Towns and Cities, but it is not for its Vertues, but meerly for Wantonness and Custom, and want of Understanding.

C H A P. XII.

Of Raisins of the Sun.

THis is a Forreign Fruit, but of late years become of general use, and by some admired and esteemed, especially in Diet for sick and weak People, as if it were as necessary as *Wheat*, which is much to be pitied, except People did know how to use them to better advantage than commonly they do. The truth is, *Raisins* are a brave noble Fruit, endued with an excellent Virtue, the aimable and friendly sweet Quality is predominate in them, and therefore they afford a good strong lusty Spirit, and are hot in operation, if not allayed by the mixture of some proper Ingredients; but they being unequal in their parts, the frequent eating them does naturally *heat* and *sharpen* the *Blood*, generate *Phlegmy Humours*, *obstruct* the *Passages*, *clog* the *Stomach*, *dull* the *Appetite*, and consequently *indispose* the whole *Body*; and they
are

are far more injurious to Children than to mature Age, though bad to both: 'Tis a sort of Fruit that ought not by any means to be mixed with our common Food, nor to be boyled or baked, as the usual Custom of the English is; for that destroys most of their pure Vertues, and renders them unhealthy, as most people may find by Experience.

Besides, our *Women*, who are the chief promoters of such things, ought to consider that the Fruits that grow in hot Climates, are nothing so agreeable to our Natures and Constitutions as those of our own Growth, especially such things in which any Quality of Nature is extream, as it is in this Fruit, which the Sun and Elements have already prepared to the highest degree, and therefore they will not endure any other Preparation without violence done to the good Vertues, which renders them next door to Putrification, and whatsoever Food they shall be either boyled or baked in or with, such Food will stink and putrifie so much the sooner; and as they will keep good a year, if they remain in-
tire,

tire, so being any wayes altered, then they will not keep three dayes good: Therefore all that are wise will forbear using them in such manner and Mixtures.

Yet it must be acknowledged, that *Raisins* have their Uses, though we might well be without them, and many others of the like Nature; For 1st. They are very good and wholsom being eaten with Bread for a Breakfast or a Supper; for the *Bread* moderateth the Inequality of the *Raisins*, and makes them easie of Digestion, cleansing the Stomach, and gently loosening the Belly; and indeed this is the only proper way of eating them as Food. 2^{dly}, They are better in *Physical Operations* than any other sweet thing, especially than Sugar, because they are not altered from their first intire state, therefore their Juices are far more cleansing than Sugar, or any other Sweets that have been prepared by the Fire.

CHAP. XIII.

Of Currants, their Nature, &c.

CURRENTS are much more injurious to the Health of English Constitutions than *Raisins*; for the *latter* may be properly used by eating them with Bread; but do what you will with *Currants*, they will be no better than *Doctor Butler's* curiously prepared *Dish of Cowcubers*, only most excellently fit to be thrown away to the Dunghil: And indeed, the Inconveniences of eating or mixing *Currants* amongst common Food, the *Natives* of those Countries whence they come teach us, if Custom, and the common Cry of the Ignorant Multitude did not blind People with strange Prejudices against all the *Remonstrances* of Reason or Experience; for they will rarely ever eat them, either alone or mixed amongst their Food; for they do not esteem them wholesome, nor hardly so proper as our *Hawthorn* or *Elder-Berries*;
 nay,

nay, these by a little custom would be
 much more proper for our Healths to
 be eaten by themselves, or mixed with
 other things, than *Currants*, which are
 of such an untoward Nature, that those
 Natives that work amongst them, and
 strew and pack them into the Casks,
 have their *Feet*, *Legs* and *Hands* made
Leporous and *Scabby* thereby, which
 proceeds from their hot venomous
 Qualities, and with these loathsom *Le-*
porous Feet and *Legs* they tread them
 into the Casks, and then you eat them
 for *Dainties*. And though when eaten
 here these evil Qualities, are mittiga-
 ted by being mixed with our mode-
 rate and more friendly *Grains* and
Fruits; yet still, whatever they are
 put into, does thereby become the
 worse, and the more unwholsom. A-
 mongst other Extravagances, it is a
 great fashion to boyl them in *Water-*
Gruel, and after they are so boyled,
 this *Water-Gruel* cannot with any de-
 light or pleasure be eaten with *Butter*
 and *Salt*, as plain *Water-Gruel* can, the
Currants give it such an unpleasant
 flat nauseous Relish, having no true
 natural Sweetness, or lively Briskness

in it; the very same is to be understood of *Raisins*, when boyled; therefore the good *Housewife* is forced to add another Ingredient, viz. *Sugar*, to raise it to a more full and perfect Taste and Relish. Now by these improper forreign Ingredients the true genuine Nature and Operation of that friendly Grain *Oatmeal* is destroyed, as though there had been no such thing; nor is the hurt less to many other sorts of Food that are of greater Consequence, which are daily spoiled by these improper Mixtures, which render them hot, and subject to stop and fur the Passages, generating evil Juices, gross Blood and impure Spirits. For which cause all People that eat frequently of such Foods, more especially young Children, are nothing so strong, brisk or lively as those who are constrained by pure Necessity to feed and live on the most simple, and meanest of our own *Country Fruits, Grains and Herbs*.

This all will confess, yet most that have wherewithall are so bewitch'd to *Foreign Novelties*, that they had rather be afflicted with an hundred Diseases and Miseries, and have their Children
weakly

weakly, Ricketty and Leprous, than not to gratifie a wanton Desire.

It is the common Opinion that *Currants* are *Cooling*, therefore both the *Learned* and your common *Nurses* advise, that they should be boyled in *Water-Gruel* for sick People, and then *Butter'd* and *Sugar'd*, which makes it not only very hot, but strong enough for an *Healthy Flow-man*, whereby it overcomes weak Stomachs, they always forgetting what ought always to be remembred, viz. *That weak Heats must have proportionable Foods*, or else Nature will come by the worst of it. And as for *Currants* being *cooling*, 'tis absolutely false, like most of the rest of the grounds they go upon; for all Fruits in which the *Sweet Quality* does carry the upper Dominion, are hot in operation, and if it were not so, such things would not afford the greatest *Spirits*, and also the most in quantity when the Distiller takes them in hand. Also, their *Heat* will hereby appear, if you put such things into *Beer*, *Ale*, *Wine*, nay, *Water* it self, it will make such Liquor to ferment, and render it much stronger than before; for if you

put *Sugar* into *Strong Beer*, a less quantity will make a Man drunk, than that which hath none in it. Let a person eat a Pint of *plain Water-Gruel*, that is, only *Water* and *Oatmeal*, with a little *Salt*, *Butter* and *Bread* in it, and at another time a Pint made with *Currants*, *Sugar*, *Butter* and *Bread*, as the usual way is, and let him observe which is hardest of Concoction, and hottest of Operation, and also which he is lightest after; he shall certainly find by Experience, that the *Plain Gruel* is not only coolest, but easiest of Digestion, and he most Airy and pleasant after it. The truth is, if Men would but give themselves the leisure to try and observe things, they could not be such strangers to the Method of Well-living and to the knowledg of *Nature*, who is the *Hand-maid* of *God*. For the Reasons aforesaid, you may undoubtedly conclude, *Currants* are not only hot, but may also learn, that they are of a *Nauseous Quality*, and if much eaten or frequently mixed with Food, they breed thick gross Juices in the Body, and infect the Blood with a sharp salt itching Quality or scorbutick Humour, whence

whence proceed general Weaknesses in the Joynts and Limbs, and unnatural Heats in the external parts, causing a lumpish Indisposition both of Body and Mind. Therefore we advise all that have any regard to their Healths, to refrain all such hurtful things, and content themselves (as their innocent lusty Fore Fathers did) with the *Growth of our own Country*, which will abundantly furnish our Tables, and contribute whatsoever is needfull for the maintenance of Health and Strength; but especially, we caution *Children, Young People*, and such as are *Sickly*, from the use of them, they being most hurtful to weak Natures.

CH A P. XIV.

Of Spices, their Nature and Operation.

ALL sorts of *Spices* that come from the *East* or *West-Indies*, are in nature and operation hot and dry, and therefore not agreeable to our Nor-
F 3
thren

thren Constitutions, nor by any means
 fit to be mixed with our common Food;
 for they too violently heat the Blood,
 and destroy the pure thin refreshing
 Vapours and Spirits, and awaken the
 central Heat, which ought by no means
 to be stirred up; for it presently sets
 Nature into an unequal Motion, mak-
 ing all the external parts in a flame.
 There is a vast difference between the
 Regions and Climates, both in respect
 of Cœlestial Influences, and by the Na-
 ture of Soil and Constitution of Air
 whence those *Spices* come, and ours,
 that it amounts to almost a perfect
 Opposition; and what is *Poyson*, but
 a violent Antipathy or Contrariety in
 Nature? And if the Natives of those
 Countries will so cautiously mix or use
 them, how sparingly ought we to med-
 dle with them? But our English have
 such an itching desire after Novelties,
 and every *Joan* is so proud to be of my
Lady Fiddle-Faddles Humour, and long
 for things *Far-fetcht* and *Dear-bought*,
 that if we had ten times as many more
 brought over as we have, there be
 those amongst us would cry up the
 excellent Vertues of them, tho' there
 is

is scarce any one thing so much destroys and hurts our Health, both of Body and Mind, as the eating and drinking *Foreign Ingredients* with and amongst our common Food; and how absurdly are those things mixt together, whose Vertues and Vices are as contrary to each other as the Climates are different? What agreement or affinity is there between our *Fruits, Grains, Herbs and Seeds*, and those that come from the *East and West-Indies*? not so much as between the Complexion of a Fat-nosed Lubber-lip'd *Blackamore*, or swarthy *Bantamen*, with a Head like a Sugar loaf, and our most *Florid Beauties*. In particular, what likeness or correspondence is there between *Cloves, Mace, Nutmegs, Cinnamon, Ginger, or Poncento*, and the *Flower of Wheat*, or any other Grain, or with *Apples, Milk, Butter, Herbs or Flesh*? Verily there is no simile between them, and the foolish Painter, that to a *Mans Head* added a *Stags Neck* and a *Fishes Body*, did not Limn a more deformed Monster, than those prepare a monstrous unwholsome Diet for either the well or sick, who jumble together In-

gredients so heterogenious, and as it
 were diametrically opposite. The
 compounding of these *Forreign Ingre-*
dients with our *Domestick Productions*,
 that chiefly destroys the Health of our
 People, and not so much the Compo-
 sitions of our own Growth, though
 there are too often very improper
 Mixtures of them also, but those how-
 ever are not pernicious to that degree
 as the others are: For Example, Is
 not *Sugar* the occasion of such great
 Quantities of *Goosberries*, and many
 other Fruits are gathered and eaten
 whilst they are immature, and have no
 more goodness nor vertue in them than
 the Leaves or Sticks of the same Trees?
 Also, what abundance of the like un-
 ripe Fruits are *Preserv'd* (as they call
 it (though more properly they might
 say, *Destroy'd*) and when you have been
 at all that pains and charge, pray tell
 me what they are really good for, un-
 less to please Children and Fools, and
 indulge wanton Liquorish Palates,
 who yet for the most part pay dear e-
 nough for those Vanities, by losing all
 Appetite to wholsom Food, and bring-
 ing upon themselves variety of Disea-
 ses,

ses, and then the *Wizard* of a *Doctor* must be sent for, to Redress those Mischiefs which the Mother's Fondness occasion'd; but then he goes so awkwardly to work, that instead of Remidying, he Encreases the Distempers, and at last the *puling Young Heir*, or the most *belov'd Girl dyes*, and then *Father and Mother weep and wring their hand*, and are ready to be distracted; And indeed they have more cause of Grief than they commonly think of, for Thousands of Parents by their foolish Indulgence, in giving their Children rich costly improper Food, become accessary to the shortning of their Lives.

Many of our *Gentlewomen*, who look upon themselves to be Saints, do yet make no Conscience of spoiling those good Creatures and hopeful Fruits which the Providence of God sends into the World for the real use and benefit of Mankind, whilst they turn them into Wantonness, and waste and pervert them before ever they come to Maturity, to quite contrary ends than that for which the great and good Creator design'd them; for he inten-

ded them to supply humane Necessities, they abuse them to Extravagance, and Riot, and Liquorishness, He gave them Vertues to add Health and Strength to such as should in their due season eat them, but they, by seizing upon them with an *unnatural* and *unrimely Violence* (the same thing to *Vegetables* as *Murder* or *Killing* is to *Animals*.) and using them absurdly and preposterously, make them the occasions of Diseases and Destruction; and yet how many Pounds do some Women trifle away in a year upon these harmful Vanities and Superfluities? yea, and think themselves rare Housewives too, for this Prodigality, and are at Pains or Cost to bring up their Daughters to these *Baneful Mysteries* of *Preserving*, *Conserving*, &c. All which, besides a most impetinent Waste of their Husbands Money, and spoil of Gods good Creatures, tend likewise to the destruction of their own Health, and that of their Children; for no sooner have they by *Gluttony*, or eating of too great Quantities of *Flesh*, *Fish*, or other *Rich Foods* or *overstrong Liguers* brought themselves out of order, but away they

they run or send *Jillian* the *Chambermaid* (who has already spoil'd her *Teeth* with *Sweet-meats* and *Kisses*) to the *Closet* for some *Conserve*s, *Preserves*, or other *Confectionary-Ware* ; and if that will not do (as alas ! how should such sower abortive things, only *Em-balm'd* with nauseous *Sugar*, do any good ?) then fetch the *Bottle* of *Black-Cherry-Brandy*, the *Glass* of *Aqua Mi-rabilis*, and after that take a *Dose* of *Plague-Water* ; and she is no *Body* that has not a *Room* furnish'd plentifully with these pernicious confused *Slip-stops* and *Extravagancies*.

But tell me, my good *Dames* ! what have you to say for these *Curiosities* ? What *Benefit*, what *Advantage* do you receive by them ? Are you more *Sound*, *Healthy* or *Strong* than the *Honest poor Country-Woman*, that has none of them ? Are you more free from *suddain Qualms* or *settled Distempers* ? Have you better *Appetites* than they ? Have you more *Pleasure* in eating your *Larks* and *Pheasants*, your dainty *Biss*, with *Rich Poin-nant Savces*, and delicious costly *Wines*, than they have in a *Mess* of good *Milk*, or a lusty piece of *Bread* and *Cheese*,
and

and a Cup of *Nimbrown-Ale* of their own Brewing? Are your *Sleeps* more sound on your *Down-Beds*, double fortified with *Curtains* of *Silk* and *Sarce-net*, than theirs on their wholsom *Servant-Couches* open to the Air that whistles in between the wooden Windows? Are you more free from *Colds* with your *flannel Shifts*, and your *Man-like Drawers*, and your *Quilted Waistcoats*, and *Petticoats* so many as makes you shew as big about the *Haunches* as a *Dutch-Woman*, and would half set up a *Long-Lane Brother*? Are you, I say, with all this Furniture free from catching Cold, any more than the *Rosie-Complexion'd Lass* that courts the sweet kisses of the Air in her *Smock Sleeves*, and trips over the *Dewy-Plains* in a *Winters Frosty Morning* with but a brace of *Linsley-Woolsey Coats* that are not long enough to conceal the shape of her *Well-Proportioned Legs*? Or are your Children born more *Lusty*, or more free from *Diseases*, as the *Kings-Evil*, *Leprysies*, *Rickets*, *Joynt-Aches*, and other Distempers? Or are they better *Complexion'd*, or *strainer-Limb'd*, or *band-fomer Shap'd*, or in any kind more active,

active, sprightly or vigorous than theirs?

Alas! none of all this; the Advantages lie all on the other side: Whilst you are continually *complaining* and *sighing*, they are *merrily Singing*; Whilst you are *weak*, and lose your *natural Complexions*, and have no *Appetite*, and can scarce *relish* the *rarest Dainties*, and your *Sleeps* are *restless*, and *Distempers* are continually either actually seizing on you, or at least threatening you, so that you are always forced to keep a *Doctor* or two in Pension for your *Life-Guard*; They are *strong* and *lusty*, and look as fresh as a *May-Morning*, and have *Stomachs* as sharp as a *Scyth*, and all their *Meat* seems *Nectar*, and their *Drink* *Ambrosia*, and their *Sleeps* are sweet as *Mariners* after a Tempest, their *Breath* as fragrant as *Honey-Suckles*; they never so much heard of half the *Diseases* that you groan under, and look upon *Doctors* as only *Bawbles* for *Gentlefolks*, and find an *Oatmeal Camdle* or a *Cardus Posset* better Physick than any the *Apothecaries Shop* affords; their *Children* are in all respects *lustier*, *fonder*, *healthier*, more *active* and *strong*,
 of

of better Complexions and compleater Proportions for the generality, than yours. And why then will you still so indulge a Sottish Fond Humour and wanton Palate, seeing it is so destructive to your Well-being, and that of your Dear Posterity!

But waving this not unseasonable Digression, and to return to *Spice*,—It must be acknowledged, that God made nothing in vain; *Cloves, Mace, Nutmegs, Cinamen, Pepper, Ginger* and *Pimento* or *Jamaica Pepper* are brave noble Fruits, and smell, as it were, of Paradise, and the great and good Creator is as much to be admired in them as any other Vegetations, for though they are not so useful for common Food, yet they have their excellent uses: Their chief Vertues reside in their most pleasant Scent, which is very refreshing and chearing to the Spirits; also, they are endued with a warming Quality, very profitable in *Physical Operations*, especially for some sort of *Melancholy* and *Phlegmatick Complexions*. The same is to be understood in *Brandy*, and other distilled Spirits, which often prove profitable
being

being taken when there is just occasion, in a *Physical* way; but of fatal consequence to such as accustom themselves to the drinking of it at every turn; for then it quickly wounds the Health by destroying the natural Heat; the like is to be understood of all *Extreams*, in Drinks and Food, which are disharmonious in their parts. Therefore it is no ways safe to mix unequal Fruits with those that are equal; for then the Harmony of the whole will be violated. As to use our familiar Example, Take the *Flower of Wheat, Milk and Water*, mix them and heat them to a Pap, these three things are equal and agreeable in their peculiar parts each with other, and make a brave wholsom Food either for young or old, on which alone you may live healthy and contentedly for divers years; but if you mix with them *Sugar and Spice*, or either of them, then the company of this Stranger puts them out of Tune, and breaks the Consort, so that if any one should be confined to this last sort but for one Month or two, their Palates and Stomachs will grow weary and loath it; And so it is with *Cakes*, in which

eight

eight or ten Ingredients are mixed; how long could those that love them best, eat them, and not be weary? Not sixteen days together: But take *Flower* and *Water* and make Cakes thereof, and on them you may live several years and never be tired.

In like manner *Flesh*, *Bread* and *Herbs* harmonive, and a man may eat of them every day, but mixt *Spanish Fruits*, *Spices*, and the like, with *fat Flesh* and *Butter*, and prepare them as well as you can, you shall not eat them every day for one Month without loathing and weariness; the very same is to be understood of all other Foods and Drinks, and if People would not prefer Custom, and what is cried up by the Multitude before the simple innocent ways of *Nature*, it would be casie for every one to chuse and understand what is most proper and agreeable to the Stomach. For if they would set *Custom* aside, then most would be led to Meats and Drinks that are natural and proper by meer instinct, as most of the inferiour Creatures are, except some unclean Savages, as *Swine*, *Bears*, *Lions*, and the like: And in
truth

truth the greater part of *Beasts* have more understanding in *Meats* and *Drinks* than many *Men*; for Man crys, *What were those things made for?* As if God intended that all, right or wrong, must be cram'd into his Paunch, and that there could be no other use for them, but for him to devour them; as if to be Ornaments to the Universe, to set forth the Power and the Wisdom of God, in the making, and feeding, and preserving so many innumerable Creatures, and invite Man thereby to praise, magnifie and adore his Maker, were not more Noble ends than to eat them to his own Prejudice. But so greatly precipitated is he into *Wrath*, *Violence* and *Oppression*, that he is not willing any thing should escape his luxurious Throat, though the use of it be to the destruction both of his Body and Mind. For the source of all Evils to Man hath been his suffering his Imaginations and unclean Desires to wander after those things that are neither needful nor any way beneficial; for faslly imagining that all things were made meerly for his use, he entred with the power of his free depraved Will, with a rapid Motion,

Motion, into all *Beastiality*, and so deprived himself of the *divine Vision* which he was made in and for, and not to live in the Power of the *dark Magick* and *Brutality*, to domineer, and rend, and tear each other to pieces, far worse than the *Savages of the Desert*. For *Man* was created in the *Image of God*, and ordained to live under the Government of the *divine Principle*, and if he had continu'd under its dominion, then every sort of innocent Food would have satisfied him, according to that Commission, *Every green Herb and Tree bringing forth Fruit shall be to thee for Meat*. Nor was he clothed with the Skins of Beasts before his Transgression, and they are still the Spoils and Reliques of Violence; for he was made *Naked*, that is, in Innocency, and his Clothing himself with the Excrements of Beasts, does truly intimate his depraved state, especially when he becomes proud thereof; than which there cannot be a greater Vanity in the World.

C H A P. XV.

Of Oyl, and its Nature.

AMongst all Fruits or other things eatable, brought from beyond Seas, *OYL* is one of the best, being of a brave nourishing clean Nature, mild and friendly to most Constitutions, far exceeding *Butter* or the *Fat of Flesh*, and that it agrees not with some, is for want of use when they are Young; 'tis endued with Equality and Concord, as being distilled by Nature's choicest Limbeck, and It would be much for the Health of our *English People* if they did eat more of it, and less *Fruits* and *Spices*, though we have no necessity for either; but since our Desires do so itch after Novelties, it were much more commendable for us to chuse those things that have the nearest affinity with our Natures; and of all sorts of fat things, *Oyl* is the most innocent, as proceeding from the cleanest Radix, and being the product of Vegetation,

and

and therefore is very proper and agreeable to humane Nature, being joyn'd unto and eaten with *Herbs* and *Fruits*, they having the nearest affinity in their Basis or Original, and therefore *Gyl* being eaten with *Bread* or *Herbs*, is to an undepraved Palate, not only more delightful, and to the Stomach easier of Concoction, affording a finer and cleaner Nourishment, better Blood and purer Spirits, than either *fat of Flesh* or *Butter*, though the last of them is very wholsom, *Cream* and *Butter* being our *Oyl*, and eaten with proper or cleaner things, as *Bread*, *Herbs*, and the like, does make a proper Mixture, and consequently good Food.

The Reason why *Oyl* is with greatest commendation eaten with *Herbs* and *Bread*, is, because all Mixtures of Food are most agreeable to the Human Nature that bear the nearest affinity in their Basis; and as *Oyl* is the true fat of *Vegetables*, so it suits and agrees better with them, than with any sort of *Flesh*, or other Food proceeding from *Flesh*; but with *Fish* it is very good and wholsom, especially *Sali-fish*, for by its Balsamick Quality it allayes the fierce
keen

keen Property of the *Salt*, and sweetens the lean Body of the Fish: And for these Purposes it is far better than *Butter*.

But it is to be noted, That *Oyl* ought not to come near the heat of the Fire, for that will presently destroy the purer parts and vertues thereof, and then it will become strong and fulsom; the same is to be understood if it be mixed with any Foods whilst hot. which ought always to be pretty cool before you mix your *Oyl*: Therefore *Tosted Bread* and *Oyl*, though frequently used, is not so good as *cold baked Bread* and *Oyl*; than which there is scarce a better Breakfast or Supper; for it cleanseth the Passages, is easie of Concoction, breeds good Blood and fine Spirits, whence proceeds any airy light-som Disposition, and good habit both of Body and Mind. However, those that accustom themselves to the frequent eating thereof, ought to remember their best Friend *Temerance*, that is, to eat it sparingly, and not in too great Quantities.

Olives, or the Fruit whence *Oyl* proceeds, are nothing so good as the *Oyl* it

it self; for being gathered unripe, or immature, and put into a Pickle made for that purpose to keep them sound, they are apt, especially if frequently eaten, to obstruct the Stomach and Passages. The best way is to eat them with store of good *Bread*, now and then between whiles, but most that are eaten in *England* are taken on full Stomachs, in Superfluity and Wantonness, so that it would be no loss to us to be without them.

CHAP. XVI.

Of Honey, its Nature and Operation, with some Notes on the Practice of Chymistry.

THE Antients have attributed some hundreds of Medicinal Vertues to *Honey*; but in my opinion it will hardly perform half that which is said of it; yet to give it its due, it must be acknowledged to be a brave Noble and friendly thing to Nature, of which, some is better, some worse, according to

to the Nature of the Herbs and Flowers out of which this King of Flies extracts it; for cause, some *honey* is of a more unpleasing Taste than other, as being harsh, and with a kind of bitterish farewell, apt to gripe the Stomach and Bowels when it is tinged with *Martial* and *Saturnine Herbs*, as when the *Bees* gather it from the Blossoms of *Furze*, *Centaurry*, or other Vegetables of like Nature, that grow upon harsh, fower, poor Commons and Heaths; yet for *Women* and *Maids*, who are afflicted with *Stoppages*, and the Disease call'd the *Green-Sickness*, Medicines made with this sort of *Honey*, are very powerful to remove those Evils: But for general use that *Honey* is best which is extracted or drawn from the most pleasant fragrant Flowers that grow in *Meadows* and *sweet Downs*, where *Conslips*, and the like, delight to grow; as also from the Blossoms of *Corn*, *Peaches* and *Honey-Suckles*; for the *Honey* thereof made is smother, finer and pleasanter than the other, and more agreeable to Nature.

But

But there is yet a more subtle and almost unknown difference in Honey, which ought to be noted; for as *Honey* being drawn from a vast variety of innocent delicate *Herbs*, and most beautiful sweet smelling *Flowers*, (the bright Stars of Earth, as the Planets and Constellations are the Flowers of Heaven) may justly, in its own Nature be stil'd, *The most Transparent and Richest Juice or Liquor in the World*, and the finest and most pleasant Sweet of all others; so the same is to be understood not so much of our vulgar Honey, as in its original Preparation and Perfection, viz. if it could be procured whilst it remains intire, as it is extracted out of the *Herbs* and *Flowers* into a little Bag or thin Skin, which lies in the very center of the *Bee*, as may be manifest to sense, if you can be so cruel, when you catch one of them, to sever it in two, for then, if you are quick, you may take out the bag intire, but if you are too long about it, then the *Bee* will suck it up, or destroy it. This Bag contains a most curious thin transparent Liquor, of an excellent fine Colour, and fine innocent

innocent and perfect Taste, leaving behind in the Mouth no *Hugo*, or strong Taste, as our vulgar Honey does, when eaten alone. Now this is the Bees true Elixir, the proper Paradisical Honey; but when the Bees have digested it, which cannot be done without some violation to the pure volatile Spirits, then they spue or vomit it up. After which it becomes of another colour, smell and taste, and also of a different nature and operation; for whilst it remains intire and undigested, its Colour is clear and white, its Taste an innocent sweet, with a grateful come-off on the Palate, its Smell pure, airy and delightful, but after the Bee hath digested or separated it, and spued it up with her Winters Provision or store, then it loseth its white Colour, and its pure Taste, and its airy Smell, and becomes more strong, dull and unpleasant, and in no particular so gratefully as whilst it remain'd in the Bag intire.

It is further to be understood, that this *Spagyricall* or *Chymical* Art of the Bees do's consist in the *Poys'm us Root* or *String* in Nature; for the *Attractive Faculty* stands in the wrathful

Poysons of *Saturn*, which powerfully attracts all things unto it self, and the *Separative Property* consists in the bitter Sting of *Mars* and *Mercury*, therefore the Chymical Furnace, the Bees Laboratory, or that Tool whereby they and some other Flies perform these wonderful things, and separate the pure Essential Spirit and Balsamick Body of what they gather from the grosse phlegmy Qualities, is their *Sting*, which is of a poysonous Nature, as it appears, when they in Anger leave it behind them in any Animal, for presently the part rages and swells; but when they have thus lost or dispoiled themselves of this *Sting* or *Poyson*, then they cannot be Labourers in this Spagyricall Art any longer, nor draw more Honey out of the Flowers, but pure necessity compels them to become Thieves and Robbers, and live on the spoil of others, and thenceforth are called *Drones*. Now so it is, that most sort of Flies do love Honey, and all sweet things, as *Sugar* and the like, to feed on, but only those that are naturally endued with a Venom or Sting, are able to extract it; for 'tis by that *Sting* that they
 separate

separate the Vertue from the Vice, which is a wonderful *Arcaum*, and may afford a most curious Philosophical Speculation; for indeed it surpasses all the Spagyricall skill of men; for they make a present separation, and are not obliged to ferment or sower their Liquor before they put it into their Limbeck; for if they should, they could obtain only the fierce fiery wrathful Spirit, as happens in all Distillations of Balsamick Liquors, as *Wine*, and the like; but the *Bees* extract the more pure substance, viz. the Volatile Spirits, Tinctures, and sweet Balsamick Body, which in all Distillations is destroy'd, and only the fire original fiery Spirit preserv'd, which when it loseth its friendly Companion, its amiable Sun of true Light, and sweet pleasant Vertue, then presently it becomes a high lofty untameable Power, of a fierce fiery Nature and Operation, as is manifest in all such Spirits as *Brandy*, *Rum*, &c. which all prey upon the Natures of such as accustom themselves to those fiery Liquors; of which, if poor Mortals were sensible, they would hate themselves for their Labours

bours in that kind, and Kings and other Governours would make Laws, not only against the Drinkers, but against the Invention too of such *pernicious Arts*.

Wherefore then do our learned Spagyricall men spread their Plums so large and lo tily, and keep such a clutter and boasting of their Art and Chymical Medicines, which in their highest Preparations are not to be compared to the skill and product of a poor silly *Flee* or *Bee*? Let us survey the Method taken by these *fiery Philosophers*, and let Reason judge what Vertues are to be extracted from such Preparations. *First*, when they take any *Herb, Flower, Seed, Grain* or *Fruit* to make a Medicine of, they put it into some *Menstruum*, as they call it, or *Liquor*, wherein it may lie and ferment or sour, which does presently turn and suffocate the odouriferous Smells, pure Volatile Spirits and sweet Body, in which consists the true Vertue and healing Quality of all things, both in the *Animal, Vegetable* and *Mineral Kingdoms*: After this, they put it into the *Furnace* or *Limbeck*, and through the fierce heat of the Fire there will run off a *Brandy*, or hot sulphurous

pheroous Spirit, which does contain only the fierce original Spirits, void of the middle Quality, and all the Seminal and Balsamick Vertues; therefore such their Spirits are at the end of Nature, and you may add what Balsamick Bodies or Sweets you please, they cannot be made to work or ferment; and although such fiery Spirits are good in some Medicines, being properly mixed with things of a Balsamick Nature, yet alone they are not, because they have lost the Medicinal Vertues in their Preparation; for the healing Vertue in all things proceeds from and consists in the *benign and friendly Quality*, which the Fire dissipates and destroys; and as long as it remains, so long the pure Smell and sweet pleasant Taste of that thing continues; but in the hot sulpheroous fierce original Fires the evil Smells and nauseous Tastes (which most of the vulgar things called, *Medicines*, are subject unto) do consist.

There is a certain *Maxime*, though a little understood or regarded,

That all Preparations, either in Food or Physick, that do not conserve the Essential Vertues of those things pretended to be

prepared (that is, the pure volatile Spirits and sweet Body, whence the true Colour, pure Smell and delightful Taste, and all other good Qualities, both Medicinal and Nutritional, do arise and proceed) *such Food and Medicines can never answer the ends of Nature, being weak, nauseous, improper, and deprived of those very Vertues which should do the business for which they were administered.* The truth of what is here deliver'd may be confirmed from daily Experience; for do not all Vegetations quickly putrifie and rot when there is any Violence offered, to the subtle Spirits and sweet Qualities, whether it be by improper Preparations, or other Accidents proceeding from the Elements.

Therefore there is required greater Understanding and skill in preparing *Medicines*, than most are either endued with or imagine; for the amiable healing Quality in all things is of a very subtle tender Nature, and the pure Nutritional and Medicinal Vertues, lie, as it were hid, or captivated in the crude Phlegmy Body both in *Vegetables, Animals and Minerals*; and when the Artist would

would make a *Medicine* thereof, he must either by the help of the Cœlestial Fire and Elements, or by the common Fire, or some proper Menstruums digest and open the gross *Saturnine* and harsh *Martial Body*, which in all things does in some degree captivate the *Essential Vertues* and *Paradisical Properties*, but so delicate is the *friendly Nature*, that it will not endure any kind of Violence without great Prejudice; for being (by opening its Poyson, the crude Body) set at liberty and becomes volatile, if such Preparations be continued any longer than the proper point of time, the *Essential Vertues* being already upon the Wing, will presently fly away; and if the friendly Element the *Air* have not its free Circulation, then they become suffocated; for the *Air* is the Life of the true and living Spirit in all things.

Is not this clear and manifest in *Herbage*, as *Hay*, which Husbandmen preserve for their Cattel; and in Corn, if it stand after it is full Ripe, or when cut, if it lie too long in the open Air, will not the pure *Essential Vertues* depart and evaporate? and then, do not

all such things lose their natural Colour, pure-mell and pleasant Taste, and so become of no use nor true verue either for Food or Physick ? The very same comes to pass in all *Houſewifery* and *Preparations* ; if it be under-prepared, it is gross, heavy, and full of flatulent Juices ; if over, then its pure Vertues become evaporated, and it will afford no good nor firm Nourishment, but is of a dull Taste, a *Duskie* or else *Martial Colour*. For Example, *Bread*, whose predominant Quality stands in the *Venerial* and *Fervial Nature*, and therefore of a pure *White* ; but the *Saturnine* and *Martial* heats of the Oven, where the friendly Element, the Air, hath not its free egress and regress, it becomes of a *Duskyish Brown* or *Yellowish Colour*, and a rough harsh Taste ; whereas if the Preparation were proper, it would be *white, smooth, soft*, and of a *sweeter Taste*, and easier of Digestion.

From what hath been said, it appears, not to be an easie matter in *Physical Preparations* and *Separations* to preserve the friendly healing Properties compleat and intire, and yet at the same time open, digest and destroy the
gross

gross Phlegmatick Body, since the former is so apt to be violated, if great Prudence be not used ; And if once this *benigne Quality* be wounded, such Foods or Medicines become fulsome, fierce and nauseous to Nature, far worse and of more dangerous consequence than they were whilst they remain'd crude, as being hotter and more fierce, because the *Moderator* is gone ; so that it would prove much safer if the diseased took the *crude Herbs, &c.* for then they would have the innate Vertues, as well as the Vice ; but after the common Preparations, which most *Physitians* and *Apothecaries* use, you must be contented with a meer *Nauseate* or *Loathsome Medicine*, in which the pure Essential Vertues are all, or for the most part, destroyed ; for all Vegetations and other things, in which the Properties and Qualities of Nature are unequal, either by Nature, or rendred so by *Artless Art*, will be strong, and of a fulsome Taste, dull and heavy on the Palate and Stomach, &c.

And whatsoever is said here of the improper Preparation of *Vegetables*, and the Evils that come thereby, will in a

more especial manner take place in the Spagyrical or Chymical Art, when it drives into the *Mineral Kingdom*; for all or most of the benigne Vertues or good Properties of *Minerals* are lockt up and captivated in the harsh Poysons and gross crude Bodies of *Saturn* and *Mars*, and their Birth and Generation is in the deep Bowels of the *Saturnine cold Earth*, where the Sun and Elements have not so free Influences and Circulation through them, as they have on all *Vegetations* and *Fruits*; therefore they are far more harsh, hard and poysonous, than those things that grow in the open Elements; neither are they in any degree so friendly and familiar to our Natures, as *Herbs*, *Fruits*, *Grains* and *Seeds*; therefore *Mineral Medicines* are of much more dangerous and fatal consequence than the others, if they be not prepared as they ought to be, that is, so as that the good Vertues be not destroy'd; for in *Vegetable Preparations* there does at best remain only a dull gross flatulent Body, which indeed has no power to cure, nor very much to hurt. But nothing is more dangerous and poysonous than ill prepared Medicines

dicines of *Minerals*: Therefore in Sick-
ness I had rather fall into the hands of
an unskilful *Gallenist*, than of a rash
and ignorant *Chymist*, the last being
much more to be dreaded than the for-
mer, though both are bad. And it is
common with some that think them-
selves great in the *Chymical Art*, to
take *Antimony* and other *Minerals*, and
prepare them, and make Medicines,
which are tenfold worse than when it
was in its natural crude Body, as ap-
pears by its fierce poysonous operation;
for before its Preparation a man might
take forty, sixty or an hundred Grains
without any manifest prejudice, but
when it has passed the strong sulphu-
rous Fires and Calcinings of the *Chy-
mists*, then ten or twelve Grains will
do the business, that is, purge and vo-
mit, as if it would rend and tear Na-
ture to pieces; and if any should take
but half the quantity that might safe-
ly have been taken whilst it remained
crude in all its parts, it would prove
an infallible Cure for all Diseases, by
putting a period to Life.

Whereby it undeniably appears, that
the *Chymist* has not, as many falsely
boast

boast, by his Art digested or meliorated the terrible fierce Wrath and strong Poysons of *Saturn* and *Mars*, and preserved the blessed and most aimable Properties of *Venus*, *Jupiter* and *Sol*, which last endue all things, in which they carry the upper Dominion, with a gentle mild friendly Nature and Operation; but on the contrary, they render the poysonous Qualities more violent and intense; and the *benign Properties* in most *Mineral* Preparations are destroyed, suffocated and wounded by their fierce and improper Fires, and for want of Understanding in the time, so that the venomous Wrath becomes tenfold more fierce than it was before; and the chiefest matter they can boast of, is, *That with much Art and Industry they have destroyed the good healing balsamick Vertues, and so enraged the poysonous Wrathful Nature, that a less quantity will do their business.* But let them know, that all the Healing and Medicinal Properties reside in the friendly Principle, and in whatsoever Food or Medicine the amiable Vertue or balsamick Oyl is wounded, that thing thenceforth becomes abominable, so far from deserving

ving the Name of an Help or Remedy, that it is a meer Nauseat to Nature.

It is further to be noted, that all Medicines that are fierce, wrathful, poysonous, and unequal, in which the *benign Properties* are impotent, and the *fierce original dark Powers* so predominate, that ten, twenty or thirty Grains or a few Drops will affright Nature, and put her into an Agonious fit, as for the most part destructive to the Well-being and Health both of the Body and Mind; for they do incorporate with their Similes, and excite the lurking Poysons in the Body, and put a further Dismayment on the weak Oyl and pure Vertues, the strengthening of which would be the right Cure. And it is a very great chance if any such rough churlish Medicines do any Cure, but altogether the contrary. 'Tis true, many perhaps may recover after such *Physick*, but that is no Argument of their excellency or safety. If a *Physitian* should have at any time three hundred Patients, one might safely pass ones words, That if not one of them took any of his Medicines, yet two hundred and fifty of them would recover; and ye shoul

should the *Physitian* in this case have the glory of Curing them all, when in truth they owe the benefit solely to the Mercy of God, and goodness of his Hand-maid Nature.

It is also to be considered, That there are some *Chymical Preparations*, as *Powders*, and the like, that have no Purgative or Vomiting Quality, nor any other manifest way of working or altering of Nature, being no more sensibly felt than a crum of Bread after it is in the Belly. And these have been and are much cry'd up for the wonders they do: And in truth they are much to be preferr'd before the former uncorrected Poysons, which rend and tear the Body to pieces; for these, perhaps, do not hurt, and what do they do, I am not able to say; but most certain it is, that as many as happen to be well after the taking them, do attribute their Cure to these silent Medicines. However, this I will be bold to tell you, That in *Chymical*, and especially *Mineral Preparations*, it is a very difficult point; and I think, more than any mortal man can certainly undertake to perform, To correct, allay and destroy the

the Venoms of *Saturn* and *Mars*, and at the same time preserve the more amiable and friendly *Vertues*, which are in their own Nature so very subtle, tender and fine, that every little Inconveniency or Violence wounds them; and the difficulty is hereby further encreased, for that in what Medicine soever the original Fires of *Saturn* and *Mars* are destroyed or wholly annihilated, the benign Properties can no longer subsist; For where there is no Fire there is no Light; for the Fire is the Father of the Light, and all Life and Moveability stands in the Poysonous Root; therefore the Artist must not annihilate those poysonous Principles in Nature, for they are the very Original of every Life, but his work is to correct them, that the benign Principle and healing Quality may arise and tincture, or shine through them, that so their Strife may cease, and all the Properties incorporate and embrace each other, and so attain the Unity, and then such a Medicine will have power and vertue to tune the Discords of Nature into an Harmony, and allay the irritated Poysons in the Body, and so awaken and strengthen

strengthen the dismay'd Oyl and fading Vertues, and so the Cure will be soon effected.

Thus it appears, that to take a crude poysonous *Mineral* or *Vegetable*, and open its gross Body, and correct the Venoms, and awaken the good Balsamick Vertues, that so they may predominate and tinge the whole, is one of the highest and most difficult Points in the *Spagyricall Science*: But on the contrary, 'tis no great matter to make a *Devil*, being half made already, that is, 'tis easie to make a thing worse, but hard to render it better; for its Vertues cannot appear till the Poysons be moderated, which must be done by the Artists helping hand, which to do, requires as great Understanding as to obtain that wonderful Thing, so much talk't of, but rarely, if at all known or understood, viz. *The Grand Elixir* or *Philosophers Stone*; whereas indeed neither this nor the other can be attained by any humane Study, Learning, or Industry, but only by the divine Bounty and favourable Mercy of the God of Peace and true Love. But however, it often comes to pass, that though
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the Medicines be not prepared in Nature's own way, nor so as to them naturally profitable and Homogeneous, yet nevertheless the Prayers of the Administer, and the Faith of the Receiver, may and do often work Wonders; for *Faith is able to remove Mountains*. Therefore many Medicines, though in themselves improper, have wrought great Cures, so great is the Power of Zeal and Faith, and sincere calling on the Name of the Lord, which is the only Universal and Infallible Medicine, and surest Port of Safety.

CH A P. XVII.

Of Sugar and Sugar-Candy, their Nature and Operation.

Sugar is of late Years become of almost universal use with all that have wherewith to procure it, which proves of evil Consequence to most of them, especially *Women and Children*, who are the chief eaters thereof; 'tis in truth an excellent and rich Fruit, being indued with

with the King of all Tastes; for Sweetness is the best and richest Quality in Nature, being the moderator and qualifier of the *Bitter, Sour, Astringent* or *Saltish Quality*, both in *Animals, Vegetables* and *Minerals*, and from this amiable Quality doth arise all beauteous Colours, Smells and Tastes in Meats and Drinks, and other things, the Horse or Cabinet of the pure volatile and essential Spirits, the appeaser and qualifier of the fierce wrathful Saturnine and Martial Fires; therefore in whatsoever things that sweet Quality is impotent, the same become fierce, wrathful and harsh; if in *Animals* they are ravenous and cruel, as *Bears, Lyons, Tygars, Butchers, Souldiers, Wolves, Dogs, Crocadiles, Pikes, Cormorants, Sharks, Vultures*, and many others both on Earth, and in the Air, and Water, of monstrous Shapes and hideous Forms; if in *Vegetables*, as *Herbs* and *Fruits*, they are strong, rank & poysonous, and much more in *Minerals*.

Nevertheless, if this sweet and so much desirable Quality shall be too strong, so as it were totally to captivate all the other Qualities, as happens in *Sugar*, and many other Fruits, then

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its good and amiable Vertues are turned evil, for such are all extreams of whatsoever kind in Nature, and of bad consequence, if it be not properly mixed or incorporated and eaten with other things, or by it self very sparingly; for many times the best things prove as prejudicial to *Health* as those of less value, nay, more harmful to Health, because they are more enticing. Thus the too frequent mixing of *Sugar* with our common Foods and Drinks, obstructs the course of Nature, heats the Blood till it becomes thick and putrified, whence proceed *Stoppages* of the *Nerves*, hindring the *Passages* of the *Spirits*, so that they become heavy, dull and impure, because the Blood cannot freely circulate; and these Evils do in an especial manner take place amongst *Children*, *Women* and *Young People*, who chiefly maintain the Confectioners, and are the great Devourers of Sweetmeats.

Few there be that are sensible, or indeed so long as they live intemperately, can be sensible of the mischiefs of improper Mixtures; and as it must be confessed that *Sugar* in its own nature is
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one of the best *Vegetables*, so it must be affirmed, that as it is an *Extream*, or a thing unequal in its Parts and Qualifications, so whatsoever Foods and Drinks 'tis mixed withal, it inclines them to its own Nature, viz. to *Inequality*, if care and wisdom be not used; and therefore is not to be used with eatable *Fruits* and *Grains*, as *Wheat*, and the like, nor with *Milk*, nor several sorts of *Gruels* and *Pottages*, for they are all endued with sufficiency of this *Balsamick* or *Sweet Quality* already.

Besides, the art that is used to make the Juice or thin Liquor of the *Sugar-Canes* into *Sugar*, does so alter and change it from its simple Original, that it becomes of another Nature and Operation, as is manifest from the different Tastes of the one and the other; for the Juice of ripe *Sugar-Canes* has a most delicate fine simple, and as one may say, innocent sweetness, leaving Behind in the Mouth no strong Taste or ill Relish, but every way perfect, and without offence to Nature, and a man may without weariness eat more thereof than he can of *Sugar*, especially of fine *Sugar*; but on the contrary *Sugar* after

after the first 2 or 3 Mouthfuls, doth not only leave behind it a nauseous strong Taste or *Hugo*, but also quickly tires the eaters thereof. And as the mixing of Sugar with the before-mentioned *benign Grains and Fruits* is improper, so likewise is it in vain to add the same to *Martial Saturnine* and *unripe Fruits* that are harsh, sour and bitter; for *unripe Fruits* can no more be made proper by mixing *mature Fruits* with them, than *Brandy* can be made wholesome Drink by mixing *Sugar* or *Sweets* with it; This you may perceive in the case of *stale harsh Beer*, you may mix *Sugar* with it, viz. such a quantity as will allay and hide the roughness and hardness of the Beer, as to the Pallate, and make it go down some-what pleasantly, but when it comes into the Stomach, (*Natures Laboratory*) where she makes separation, then the *Saturnine* and *Martial* harshness will again appear in its own Form, and heat the whole Body, and generate the *Gravel* or *Stone*, if it find suitable matter: The same is to be understood in *Foods*; what Stomach will be satisfied after a whole Meal only of *Goosebery-Tarts* made of
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young green Gooseberries made palatable with *Sugar*? and so of all other things that are either unripe or unequal in their parts, and the reason is at hand, *viz.* because two *Extreams*, though never so cunningly joyned, cannot produce a thing of a *middle Nature* or *equal Operation*, and agreeable to Nature.

But here perhaps some will object, *If these good things, Sugar, Spanish Fruits, &c. must not be eaten, wherefore were they made?*

To which I answer; The Creator made all things for his own Honour and Glory, and made Man in his own Image, and endued him with divine and humane Wisdom, by which he might be able to chuse unto himself the better part; but this Eye of the understanding he hath put out, by suffering himself to be precipitated into all *Evil, Superfluity* and *Intemperance*; but the All-wise Creator did never command mankind to encrease and make vast Quantities, *viz.* a thousand times as much more as is needful of any sort of eatable or drinkable things, and then oblige them to swallow them down their
Throats

Throats for fear (forsooth) they should be spilt, or be counted uselefs, as if there could be any greater Spoil than that which spoils both the *thing* and the *receiver*, or as if it were not better to let a thing remain seemingly uselefs, than to abuse it to my own Destruction? the truth is, the original of most superfluous and pernicious Inventions, and also of such a prodigious encrease of *Sugars, Spanish Fruits, Wines and Spices*, have chiefly sprang from the hellish Root of COVETOUSNESS, being promoted for the sake of Gain, and to raise great Estates, and to live a rich easie superfluous Life, and not for any private or publick good; and as their ends were bad, so the effects prove no better. Some also will say, *We have need of them, and why should we debar our selves of those things?* And thus if there were an hundred Toys and needless Novelties brought into *England* more than there is, they would quickly find footing, and the People would quickly have as much need of them as they have of *Tobacco, Brandy, Sugar, Spices, &c.* And that we have no real need of any of these things
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is undeniable, since our *Fore-Fathers* lived not only as well, but *much better* too, that is, were stronger, lustier, longer-liv'd and freer from Diseases, before the use of such things, than their Posterity are since; nay, many Diseases which we now-a-days groan under, were not then known.

But yet for all this it must be acknowledged, as I said before, that *Sugar* is a brave noble Fruit, and has its uses, but chiefly as *Wine*, it ought to be taken and used as a *Cordial*, or in a *Physical* way, and not at every turn to be mixed with our common Food and Drinks, as most do at this day, it being one of the richest Juices in the world, and therefore the fittest for *Cordials*, when Nature wants such Recruits: but the too common use thereof is of evil consequence, particularly all sweetned Drinks and Foods do much forward the generation of the *Gout*, and other Obstructions and Diseases in the Body, which simple innocent Foods will prevent, if *Temperance* be at any rate observed; but if *Sugar* be now and then a little used in *Milk-Meats* and *Puttages* for old People, it will

will prove grateful and beneficial ; for of all sorts of People sweetned Foods are best for the aged, and are least hurtful to them.

Touching Sugar-Candy and Pan-Sugar, I shall first discribe to you how it is made, and then shall the more easily make it appear how improperly it is used commonly amongst us.

Sugar-Candy is made thus, First it is boyled as high as, other Sugars, then they take this Syrup out of the Pans, and put it into an earthen Pot, and set it in an hot Stove, there to stand eight or ten days, in which time the fierceness of the sulpherous heat does *Candy* or coagulate it into an hard tough substance, and then you take it out from the Syrup, and put this Candy, or the hard lumps into the Stove again, but made two or three degrees hotter, where it must remain ten or twelve days longer, and then it is done.

There are two sorts of it, *White* and *Brown*, but they are both of one Nature and Operation, and the chief Use that is made of either, besides spoiling of Childrens Teeth, is to se-

veral sorts of People as a Medicine, when they are troubled with *Coughs*, *Colds* and *inward Stoppages* of the *Breast*. Now *Sugar-Candy*, as to its Nature and Operation, is the same in the *Radix* as *Sugar*, from whence it is produced, only it is nothing so good, nor of so cleansing and opening a Quality as *Common-Sugar*, though the contrary is generally believed, but any Man that wears Eyes in his Head, may from the before cited method of its preparation easily perceive my Opinion to be true, for by that tedious unnatural preparation, and being made stronger of the *Lime*, that thereby it may more easily harden and coagulate. This *Candid Sugar* must needs become of an hotter Nature, and tougher Substance than the *common Sugar*, and consequently not so wholsom, especially for those People that are troubled with *Colds* or *Stoppages*, for being by that way of preparing dried, - hardened, and brought into an hard glewy tough Substance, of a slimy ropy Nature, when it comes to dissolve, it naturally heats and stops the Passages, instead of opening them, causing *Drought*, &c. there

there being nothing more contrary and burdensom to Nature in such cases, than this very thing which is given almost as an universal Medicine to both Young and Old; and therefore ought by all wise People to be abandon'd; for all things in which the *Sweet Quality* is extream (in which respect Sugar is chief) do *dull the Palate*, clog and *obstruct the Stomach*, stop the *Passages*, *destroy Concoction*, *spoil the natural Heat*, making it weak and feeble, heats the *Blood*, and renders it thick, whence proceed *dull and impure Spirits*. Therefore all such things ought to be avoided by sound and healthy People, but much more by such as are already obstructed, except they intend to encrease their Maladies, which is often done by such improper means, it being a custom too general when any such Disorder is on People, to make most of their Foods and Drinks sweet, that (forsooth) they may Rot away the Cold, as they call it; never considering the evil Consequences of such things, which are as far from any Property to help such Infirmities, as Light is from Darkness, and only *Ignorance*,

Blindness and Folly have been and are the original of all such Customs and Inventions; for in truth, such as find themselves invaded with such Distempers, the best Food is thin brisk *Gruels* and *Pottages* made in the manner we have taught before in the Chapter of *Gruels*, &c. also good Raw *Salads*, with *Bread* and *Oyl*, but *Oyl* sparingly; likewise *Bread* and *Butter* and all sorts of lean Food that are light of Digestion: And for Drinks *Toast* and *Water*, *Water* and *Rhenish Wine*, or *Water* and *White-Wine*, two parts *Water* and one *Wine*, or clear small *Ale*, with moderate *Clothing* and *Exercise* in open airy places, which will gradually cleanse the *Passages*, open all *Obstructions*, and soon remove those *Evils*.

It is further to be noted, That all sorts of sweet *Fruits*, as *Raisins*, *Figs*, and the like, being frequently eaten by such People as are subject to *Stoppages* and *Colds*, does encrease those Distempers, by heating the *Blood*, and weakening the digestive faculty and natural *Heat*, and generating evil *Juices*, except such *Fruits* are eaten sparingly and with *Bread*, which with such *Fruits*

is to be preferred before any other things mixt or eaten with them whatsoever: Likewise there are various sorts of Drinks made by boiling Fruits in *Beer*, *Ale*, *Wine*, and the like, with various sorts of *Herbs*, *Roots*, *Seeds*, and *Druggs* of disagreeing Natures, and stoutly sweetned with *Sugar* or *Honey*, such Liquors for the most part prove of very evil consequence to Health; For no sweet Fruits ought to be boyled, neither for *Food* nor *Physick*; for boyling does naturally evaporate and destroy the pleasing friendly opening Qualities, and sends packing the purer Spirits, as appears both by the Fruits after they are so boyled, and also the Liquor that they are boyled in, and the nauseous displeasing Taste which remains in both, which is the Reason that all that use this way of Preparation, are forced to sweeten such Drinks with *Sugar* or *Honey*, or else they will not be drinkable; but if you take any of the before-mentioned Fruits raw, and bruise or stone them, and then infuse them in any of the said Liquors, especially in common Water, it will become sweet and pleasant, and far

more opening and cleansing, and every way wholesomer : The same advantage you have when you infuse *Herbs* properly gathered, dried and preserved, and also *Seeds, Drugs* and *Roots*, and all such Drinks will have a pleasant Taste, and be welcome to the Stomach ; but if the same be boyled, it will be altogether the contrary, as having lost their essential Vertues by the Violence of Fire ; for the pure volatile Spirits in all sweet luscious Fruits, are not only very powerful, but stand, as it were external, and on the surface, and therefore will not endure the fierce motion of the Fire, as *Flesh*, and several sorts of *Martial* and *Saturnine Fruits, Grains* and *Seeds* will ; for in them the pure sweet vertues and spirits, are (as it were) lockt up under the harsh Forms and earthly Properties of the *Original Poysons*, and therefore cannot be brought out to manifestation, but only by the heat of the external Fire. These things ought to be consider'd and understood in all Preparations, both in Food and Physick, or else there will be but sorry Diet and worse Medicines.

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As for *Coughs, Colds and Stoppages*, (for which People commonly use *Sugar-Candy* and *Pan-Sugar*) the same are generally procured by *Ill-living*, and *Intemperance* in *Meats, Drinks, Exercises* and *Habits*, and also by *eating* and *drinking too much in quantity*, and things of a contrary quality, or improperly prepared. These things are the original Inlets of your *Colds*; nor do proceed so much from *thin Clothing*, as most imagine; for if the inside be sound and clean, then there is but little danger of outward Inconveniencies; but the best way for such as are of weak tender Spirits and sanguine Natures, and indeed for all sorts of People to prevent outward *Colds*, and the evils that happen through *thin* and *thick Clothing*, and by *Heats, Sweatings*, and the like, is to use themselves to change their Clothes often. As for Example; such as stay in the House in the Morning to put on one sort of Clothes, and when they go out to put off their Coats and Waistcoats to their Shirt, and put on fresh cold Clothes; and then again in the After-noon or at Night, when they stay at home, and

have no occasion to go forth, to put off their Clothes they went forth in, and put on the others; which a little custom will make so easie, familiar and delightful, and so refresh them, that such as use themselves to such change of Habits, will not be satisfied if they omit it: And for others who are subject to *Sweat* by their Labours, if it be *Extream*, and more than is usual, then let them at all such times put off all their Clothes, Shirts and all, and put on fresh Shirts and cold Clothing; And for such as *Over-Travel* themselves, and are *sweaty* and weary, let them also put off all their Cloathing, and put on fresh; but let both one and the other observe to sit still a little while before they either eat or drink. Also, when you change your Clothes, as to put on thinner or thicker, or when you put on New-Clothes, which generally are warmer than old, you ought not to wear the thick or the thin, the new nor the old constantly, but to wear the new one day, and then on the Morrow to wear the old or thinner again, and so by degrees you may wear either without danger to your

your Health; for Nature, especially when weak will not admit of suddain alterations or changes, either inwardly or outwardly, without injury.

But some will be ready to say, *That it is not only troublesome to change a Mans Clothes so often, but also the ready way to procure great Hurts by putting on old Clothes when they are hot.* And 'tis confess'd, this may at first seem very improper; but if the matter be better considered, our Directions will not appear either unreasonable or unwholesome; for does not every one, even the most tenderest People, and such as do often sweat a Nights, and lie, ten, twelve or fourteen hours soaking themselves as in an hot Bath, yet every Morning rise out of those close hot Beds, and put on cold Clothes, without any prejudice to Nature or catching Cold? And if so, why then should putting on *cold Clothes*, when they are up in the cold open Air (which is far more tolerable than the former) do them any prejudice? Besides, the putting on cold Clothes, provided they be not wet or damp, is so far from being an injury, that it is altogether

the contrary; for this fresh cold Clo-thing shuts and closes up the Pores, and drives the natural Heat more central, which is the greatest Security that may be to Nature, causing a lively briskness through the whole Body, sharpens the Appetite, and helps Concoction, enabling the Natural Heat to withstand the attacks of outward Inconveniences: Is not this further manifested in *Swimming, Wading*, and the like? Do not such Exercises wonderfully beget Appetite? Which is for no other Reason but by the *Coldness* of the Water, which shuts the Pores, and forces the Natural Heat more inwardly, which does in a moments time digest Crudities and cleanse the Stomach from all slimy superfluous matter, which did dull and fur the Passages and hinder Concoction; so that you see what you fear as your greatest Enemy, is your chiefest Friend.

Is is further to be noted, That Eggs, *Fruits*, and also several sorts of Nuts, as *Almonds*, and many other things of like Nature, that are the Productions of hot Climates, are not agreeable to our Northern Constitution.

ons, and ought not to be frequently eaten, or indeed not at all, except only with common *Bread*, or in a *Physi- cal* way in *opening Drinks*. The Mis- chiefs of eating such Fruits alone, may appear by their effects, viz. the *Stop- pages* and *Obstructions*, *thick Blood*, *weak Joynts* and *Limbs*, and troublesome *un- natural Heats*, possessing all the out- ward parts, whilst the more central are cold, whence proceeds *dulness of Appetite*, and many other Inconvenien- ces, especially to *Women* and *Children*, who are the chief eaters of such things, to the great impairing of their Health. The like is to be understood of *Green* and *Candid Gingers*, as also all sorts of *Conserves* and *Preserves* that many of the more *curious Dames* stuff their own and their Childrens Paunches with; not forgetting the great quantities of the *Confectioners Hodge-Podge*, and the *Cakes*, the *Buns*, the *Ginger-bread*, &c. All which do wonderfully *fur* and *ob- struct the Passages*, and generate *Crudi- ties*, and indispose the *Stomach*, and prepare matter for the *Regiment of Disease*.

Some may think or say, *That I talk after a strange rate*: But if they be so discreet and wise as to consider the *Natures, Ingredients and Operations* of the beforementioned things, or consult either *Doctor Reason*, or their near Neighbour *Doctor Experience*, they will be of my mind. For there are as great Superfluities, Intemperances and Disorders committed in Meats and Drinks, as there are in Cloathings, Houses and Furnitures, but the Mischiefs arising from the former are worse than those from the latter; for Excess, bad Preparations and improper Mixtures in Foods and Drinks, do an hundred times more injury to Health and Tranquility of Body and Soul, than the highest Extravagances in Ornament and Clothing; The one being *external*, but the other *inward*; One is *seen*, but the other lies *hid*, and is felt to the disquieting of the Body and Mind; and as it is less Ornamental, so is it less excuseable; For what are Monuments that *Glorious* leave behind them? Verily nothing but an *Ill Name*, as stinking as their *Carcasses*, weakly and diseased Children

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to curse their *Intemperances* and *Follies* of Office.

C H A P. XVIII.

Of the Four Principal Tastes, or the Bitter, the Saltish, the Sour, and the Sweet Qualities, and their respective Natures.

HAVING occasionally in the foregoing Discourse several times mentioned the *Sweet Quality* I shall here take leave to inform the Reader more particularly of the Nature of the four principal *Tastes* or *Qualities*, since the knowledge thereof will be very useful to all discreet Lovers of Health.

The *BITTER Taste* or *Quality* is the Radix or central Fire in every Life, whether in *Animals*, *Vegetables* or *Minerals*, it hath the strong might of the Fire, whence ariseth the *Attractive Quality*, which draweth together the Water in the Air, and again dissipateth it, by which it becomes separable, distilling it self in drops and Showers.

Showers. And if *Men* or other *Animals* be dignified with this Quality, then have they strong Attractive Faculties and great Heats, and consequently eat much, and are subject to *Wrath* and *Fierceness*, especially if the Male Aspects and Configurations of the Stars and Elements be awakened; for then presently this bitter harsh furious Fire breaks forth, whence follows *Thunder*, *Lightnings* and terrible fierce Storms of *Hail*, *Rain*, *Wind*, and the like; and if it gets dominion in the Hearts of Men, then follows *War*, *Desolation of Countries*, *Burning of Cities*, *Devastation of Towns*, &c. Also, this Quality being incorporated with the pure spirituous parts or vapours of the Air, Clothes all *Vegetables* with a pleasant lovely *Green*, but it does differ, some deeper, some more light, all according to the strength of the *Salutiferal Virtue* in each Herb or Tree.

If this *Bitter Quality* be temperate, and dwell meekly in either Men, Beasts, or other thing; then it is a most friendly cheering Life thereunto; for by its central and pleasant Heat, it dissipateth all Malignity and Evil Influences,

quences, is the cause of all Joy and the Root of Motion: Therefore Men and all other Creatures in whom this Bitter Quality is strong, are brisk, lively, active and nimble; so *Vegetatives* wherein the same doth bear sway, are powerful Openers of all *Obstructions* in the Body, of which the Antients seems to have been sensible, by their attributing opening cleaning Vertues and Qualities to *Bitter Martial Herbs, Seeds, Fruits and Grains.*

It is most true, that this is a powerful Quality, and when it is temperate in any Creature, causeth a pleasant Noise or Emotion, which in Men we call *Laughter*, in other things an *Elevation of Spirits*; and when the *Astringent, Sour and Sweet Qualities* do equally incorporate, gives the brisk lively Taste to all Food, which renders it not only pleasant and delightful to the Palate and Stomach, but affords a profitable Nourishment that will never tire the Eaters thereof, being soberly used; For Equality and Concord maintain their like Properties, both in the Body and Mind.

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But this *Bitter Spirit* or *Quality* hath likewise in it another Species, viz. a *Fierceness* and *Wrath*, which is a terrible furious Spirit, and the House of Death, a Corruption of all good, and Destruction of the Life in Body; for if it be too much elevated in Man or Beast, then it presently enflames the central Fires, whence proceed cruel *Burning Feavers*, and other accute *Mortal Diseases*; for this Quality is the principal Mother and kindler of the hot poysonous Fire in all Elements; and when it too violently predominates in any *Herb, Fruit, Grain* or *Seed*, they are strong, fulsom, hot and bitter, not fit for Food; nor indeed for Physick, without skilful Correction; but if a wise Artist takes them in hand, that knows how to ally their fierce *Marinial Poysons* and *hot bitter Fires*, then they prove excellent *Medicines*; and if any shall mix such *Herbs* with their Drinks or Foods, as some do unadvisedly, by infusing of *Wormwood*, or the like, in Beer or Ale, letting it lie too long, till it becomes almost Rotten, by which means the volatile Spirits become suffocated, then such Liquors will be apt
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to awaken the bitter hot fulsome Qualities, and prove hot and unpleasant, and send dulling Fumes and Vapours into the Head, prejudicing both the *Eyes* and *Brain*. Nor can the wisest *Cook* make proper and agreeable Foods or Drinks of any thing in which either of the four Qualities are extream; indeed they may by various mixtures palliate and hide the Excess, and for the present render them pleasant to the Palate, but when the natural Heat of the Stomach comes to separate them, there still remains a *Touch of the old Relish*, and they afford neither a firm nor good Nourishment; and should any Person be confined but a Month to live only on them, he would perfectly loath them, which is a demonstration that they are not natural and wholesome.

The *SALTISH* or *ASTRINGENT* Quality is the very original matter of every Creature in the four Worlds, it attracteth or nailleth all things together, 'tis the Vestment of the Spirit, and the true Cloathing of Life in all things, whether *Animal*, *Vegetable*

table or *Mineral*, an harsh drawing Property, which encompasseth and encloseth the Life, Spirit and Power of every material Being, whence proceeds the Shell or Body, which serves to preserve the more essential parts from being evaporated, suffocated, or otherwise violated: Thus if the Skin, Shell or Body of any thing be any ways hurt, then presently the most essential parts are disturbed, and the Spirit of Life suffers, and becomes wounded, it being the first and the last in all things; and when this coagulating or saltish Quality is temperate in any Creature or Vegetation, being equally incorporated or mixed wth the Bitter, Sour and Sweet Properties, it renders it benign and pleasant, and operates in number, weight and measure; for 'tis this sharp Quality that gives that delightful pleasurable Taste in all Meats and Drinks.

But if this *Astringent Quality* be too highly exalted, if it be in humane Nature, It becomes a terrible Fierceness, and inflames the bitter Root or Fire, whence are engendred in the Body Diseases of a tearing stoney Wrathful Nature,

Nature, as the *Gravel, Stone, Gout, Palsies, Agues, &c.* or if it happen to be inflamed in the *Water*, then it engenders *Scabs, tedious Sores, Small Pox, Leprosies, Dropsies*, and the like; but if it be violently enkindled in the *fire* Quality, then follows *Consumptions, general Wastings of the Radical Moisture, Plague Sores and great Pox*; or if inflamed in the *Sour Property*, then the *Palate* forfeits its *Taste* and good *Relish*, thence arises *Loss of Appetite, Stoppages, sour Belchings and Vapours, Windy Diseases*, and cruel *Obstructions of the Stomach and Passages*: And when this Inequality happens in any sorts of *Foods or Drinks*, then they are *astringent, harsh, sour, sharp and unpleasant* both to the *Palate* and *Stomach*, binding the *Body*, and generating the *Gravel and Stone*, and various other *Diseases*, according as it finds matter in each *Constitution*. And though *Cooks* and others do by their divers *Ingredients* and improper *Compositions* hide or captivate this harsh *Saturnine Fire*, so that it cannot be felt, or very little tasted on the *Palate*; nevertheless when the natural *Heat of the Stomach* has

has made separation, then the afore-said ill Juices become manifested, and exert their harmful Operations and Effects, as all may know, if they will but give themselves the leisure and heed to observe it. For Example, Take any kind of harsh astringent Fruits, and allay them with *Sugar, Spices, Spanish Fruits, Flower, Butter, Milk,* or any other Balsamick pleasant things, and make it up together for Food, as in *Pyes, Tarts,* and the like, then make your whole Meals thereof for several days together, and you shall certainly find an unpleasant sour keeking or qualmish gnawing or griping at your Stomach, as if it were always unsatisfied.

The *SOUR Quality*, when it is moderate, opposeth in any Creature, or other thing, then it opposeth all Extreams, both of the *Bitter, Sweet and Astringent Properties*, being of a cooling refreshing nature and operation, it makes an excellent temperature, giving a most pleasant Taste to all sorts of Food, causing them easily to ferment and digest, so that they become, as
well

well the most pleasant as the wholesomest of Foods, being a quick lively powerful Quality, the true Habitation and delight of the pure Spirit; but if this Quality be too weak in any Creature, then they are dull, sottish and heavy; if in Foods, unpleasant, and apt to cloy both Stomach and Palate; but when it is too highly elevated, it engenders Sadness or Melancholy, causing a stink, or Putrification and Rankness in all *Animals* and *Vegetables*.

The *SWEET Quality* opposes the other three, being an amiable, blessed and pleasant Property, comforting and refreshing every thing; 'tis an *Affwager* of *Wrath* and *Fierceness*, a *Calmer* of *Storms* and *Tempests*, and gives all things their pleasant and friendly Look, affords the pure spirituous fragrant Taste in *Vegetables*, whose fair, yellow, white and ruddy Colours do all from hence proceed; 'tis a Glimps of the *divine Ray*, a Qualification of *Love* and *Mercy*, the sweet *Solace* and *Joy* of every created being; and when it is temperate and moderate in any thing, bearing a gentle sway over the *Martial* and
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Saturnine Properties, then such Creatures are Sanguine, of Friendly Dispositions and Temperatures, of tractable humane Inclinations, and all Meats and Drinks in which it does a little predominate, are endued with Concord and Equality, as *Bread, Milk, mild Ale, Beer well Brew'd and fermented, Cyder, Wine sufficiently allay'd with Water, &c.* such Foods and Drinks do by consent administer a proportionable Nourishment by equal Portions to all parts of the Body; for this good Quality does sweeten and allay the bitter hot Fires of *Mars*, and opens all the doors of the Melancholy Astringent Chambers of *Saturn*, by its friendly Influences.

But still this amiable Property doth contain a fierce *wrathful Poyson*, which is the *Root and very Center of every Beeing*; for if there were no harsh nor fierce *wrathful Fire*, there could neither be any *Light or Love*, and when this lurking Poyson is too violently kindled in the *bitter Quality* in the Element of Water, then it engendereth many Disorders, as *botchy Sores and Leprosies*, which quickly corrupt the
Flesh;

Flesh; but if it be kindled by the *heats* of *Mars*, then it infecteth the Element of *Air*, and occasions a suddain and spreading *Plague*, that corrupts all in a moment. So when this Quality shall too violently bear sway in Foods and Drinks, they thereby become *heavy* and *dull*, apt to clog both the *Appetite* and the *Stomach*, hot in operation, making the *Blood* thick and *sharp*, and consequently the Spirits impure, the Senses stupified, the Understanding clouded, the Joynts loaded with pernicious Juices, &c.

By all which it appears, that whenever any one of the *four Qualities* before-mentioned, does too violently predominate, or is inflamed, it presently kindles or awakens the hot *bitter astringent Poysons*, whether it be in *Animals* or *Vegitables*, so that the *central Fires* which lay hid or captivated in the *sweet Oyl* begin to burn fierce, and appear in their own Form. Most People that enjoy Riches and Plenty may know this by their daily experience, as when they have drank freely of Wine or strong Drink, doth it not first too violently burn up and waste the

the sweet Oyl and pure volatile Spirits? Its either by Evaporation or Suffocation, and thence follows excessive Heat, so that all the Body burns with a burthensom and unnatural Flame; whereas before the intemperate drinking of such unequal Liquors, all the Body and Members were cool, brisk, and full of Life and Pleasure; yet the same fierce *wrathful central Fires* were then *as strong and powerful*, only they lay hid or captivated in the *sweet Oyl*, and pure *spirituous parts*, which is the *Moderator* of those *central Fires*, but when by Inequality or disorder that *sweet Oyl* or *Humor Radicalis* is wounded, then these original Poysons appear, and manifest themselves in their fierce Forms and Natures, which so long as the good Vertues were strong, they could not do; for these *four Qualities* are set in opposition to each other, that thereby the fierceness of each may be temper'd and mitigated, that so all Creatures, *Animals*, *Minerals* and *Vegetables* might be brought to a fit temperature, by the embracing and incorporating of the said Qualities each with other; for
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the *sweet* Quality opposeth and moderateth the *fierce* Elevation of the *Bitter*, *Astringent* and *Sour*, and maketh an Harmony, resulting from them all; and the *sour* Quality opposeth the fierceness of the bitter, sweet and astringent, being their cooling and refreshing Life; So again the saltish or astringent Quality makes an excellent Temperature in the bitter, sweet and sour, as the bitter Quality opposing the excess of the other three, reduces them to Equality, making them more pleasant and gentle in their operation. Therefore all sorts of Food and Drinks, in which any one of those Qualities are too highly exalted, become unequal, and the predominate quality presently incorporates with its *Simile's* in the Body, and thereby discompose it, destroying the Health and Harmony of the parts. But on the other side, all mean simple Meats and Drinks, in which the Properties are near equality, and have no manifest Taste that does too violently predominate, do by Sympathy embrace and incorporate with their Likenesses in the Body, equally distributing proper Nourishment to all

parts and Members, which makes the whole Lightsome, full of Joy and Pleasure; if this were understood, a little practice of Temperance would make many loath themselves for their Disorders, and their continual affronting of Nature, causing her to lose that simple innocent Way, wherein she delights to walk to Health and Felicity.

C H A P. XIX.

*Of Drinks, and particularly of
Canary.*

I Now proceed to speak of the most usual Drinks at this day used amongst us, especially such as are esteemed most Cordial, and prescribed many times in a kind of Physical way for Diet, or in order to the preventing or remedying of Diseases; and because the Richest of our Drinks is *Canary*, I shall begin with that.

CANARY (commonly call'd *Sack*) is a brave noble Juice or Cordial, one
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of the most excellent Drinks in the World, far transcending any *Cordials* prepared by the Apothecaries, or any Juice which the best of Flesh affords; the same being enriched with the *choicest Vertues of Nature*, being too rich for common Drink, but nothing more cherishing and reviving, if taken on special occasions, when Nature doth require a Recruit; and indeed the intent of those that first brought it into *England*, was for no other use: And therefore the first Ingrossers and Buyers thereof were *Apothecaries*, who sold it again to their Patients in small quantities, as by the Advice of *Physicians*, which then was of good use for the comforting and chearing sick weak decay'd People, it being endued with a brave *Balsamick Body*, yielding abundance of pure subtle Spirits; its predominant Quality stands in the Sweet Body, therefore ought not to be frequently drank in times of Health, its Vertues being too great for common use; for that which is extraordinary good in season, may prove of ill consequence when used unseasonably; for the common use thereof dulls the edge

of the Appetite, weaknes the natural Heat of the Stomach, and spoils the Concoction, and for that reason a very little will satisfie those that drink much of this Cordial Liquor ; besides, it replenishes the whole Body with superfluous Humours and evil Juices ; for all sorts of Wine are Extreame, especially *Sack*, and though it exceed in the best Property of Nature, yet the frequent use of such high graduated Drinks may prove as prejudicial to the Health and Strength both of the Body and Spirits, as things of meaner Vertues, nay, much more harmful ; for all Extreame, or things in which any Property of Nature is too highly advanced, ought to be taken very sparingly, and as Physick rather than Food.

'Tis a dangerous Error to imagin (as most People do) *That the sweeter and richer Drinks and Foods are, whether simple or compound, so much the better or stronger Nourishment they shall afford.* Whereas the clean contrary is true ; for nothing can maintain the Body and Spirits in good Health and Tranquility but such Meats and Drinks as
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are simple, and nearest the Equality. For Drinks wherein the Spirit is predominant, if not taken very seldom and sparingly, are apt to destroy the action of the Stomach, and to incorporate with their *similes*, viz. with the pure natural Spirits, and balsamick Vertues in the Body, causing them to burn too violently, so that an evaporation or suffocation of them follows; therefore although whilst such spirituous Drinks are in operation, all the Spirits of him that hath drank, are in an hot Rage or Tumult, and he forgets all Sorrow, Modesty and Temperance, and by the awakening an unequal Motion of the Spirit, skips like a Wild Asses Colt, and Sings and Rants, and becomes brisk and Jolley, and in his own floating Imagination *as Great as a KING*; yet when a little Sleep has quell'd this Tumult and dissolv'd these Fumes, you shall find the poor Creature with much fewer Spirits and less Oyl in his vital Lamp, than he had before the Merry Carrouze, and he is *weak*, and *faint*, and *feaverish*, and goes *trembling*, and looks as dejected as a *conquer'd City*; which shews what *Spoil*

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and *Wasse*, what *Havock* and *Desolation* the strong spirituous Liquor has made upon his natural Spirits; and this is a sure Demonstration, which all *true Topers* cannot but subscribe to and confirm from their own wretched Experience.

Moreover, all *Rich sweet Wines* and *Cordial Liquors*, if frequently drank, though not the degree of disturbing the Brain, do yet heat the Blood, and put it into a kind of disorderly ferment, and set the *Gate of Venus* open, and makes *Men* too *Effeminate* and *Women* too *Salacious*, being not at all agreeable to our Northern Constitutions; therefore if healthy People will drink *Wine*, they ought to allay it with *Water*, and then it makes a Drink more equal and more wholesom, viz. two thirds *Water* and one *Wine*. And for such as are weak, sick and fainty, if they would have *stronger Cordials* than our own Country affords, let them drink some *Wine*, which is the choicest of *Cordials*, and higher graduated in Nature than any other Liquor that can be made by Art; but if *Men* and *Women* addict themselves in health

health to guzzle down the Richest Wines daily, as many Thousands do now a days, what must they have for Cordials in their Sickness? for their Bodies being so habituated to *Wine*, that will have no operation to help them. Shall they take *Brandy* and *Rectified Spirit of Wine*? Alas! this too they have already made their common Drink, and *Wine* is long since become too *cold* for their destroy'd Stomachs, even when they are in the best Health they are capable of; and *Brandy*, *Rum* and *Usquebath* are scarce able to furnish out so much warmth and activity to the natural Heat, as to digest a small Dinner: Now when such People come to be sick, (and to be sure long they cannot continue well) what *Cordial* shall be prescribed for them? I believe the learnedst Doctor in *Europe* cannot tell, unless he should make them swallow two or three Ladles full of *scalding Lead*, *boiling Pitch* or *flaming Brimstone*: They are at the end of Nature, and therefore cannot arrive any higher; for those that drink *strong Ale* and *Beer* in *Childhood*, their Nature shall require *Wine* in their *Middle Years*,

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and *Brandy* in *Old Age*; for Nature as it grows old, becomes weaker and colder, and so requires more hot spirituous Drinks; and therefore Wine and such strong Liquors are drank with most advantage by the Aged.

And if Children and Young People be used commonly to drink *Water* (which will be most for their Healths) then *Small* or *middle Beer* or *Ale* will be as cordial to them, and warm and comfort them as much in their *middle Age*, as *Wine* will, that drank *strong Ale* or *Beer* in *Youth*. And to speak truth, no sort of Drink does maintain the Spirits and natural Heat in such vigour and strength as mean Liquors, viz. such as are of the middle Nature, or nearest the Temperature, viz. *good Water*, or *well-brew'd Ale* or *Beer* of a middling strength, or *Wine* allay'd with *Water*, as aforesaid. But now, most are grown to that degree of Blindness, Excess and Folly, that nothing will give their voracious Desires and greedy Paunches satisfaction, but such Drinks as are strong, hot and unequal in their Parts, which indeed is like themselves; for ever since man hath suffered his desires

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to enter into *Discord*, he cannot but desire such disagreeing *meats* and *drinks*; for every *Like* desires its *Likeness*, and is its highest Joy; *Inequality* begets *Discord*, and *Concords Peace*. Therefore all plain simple Meats and Drinks, are for certain of the greatest strength and vertue, and the only maintainers and continuers of Health and long Life. And English People have need of no other or better Drinks and Cordials than may be made of our own *Seeds*, *Grains* and *Fruits*, as *Ale*, *Beer* and *Cyder*, which may be made to what degree of strength and goodness you please; and being well prepared, are far more agreeable to the Constitution of English People, than the Liquors that come from other Countries.

But all *thick strong Ale* and *harsh, bitter, or stale, strong Beer*, is very injurious to the Health, as also *Double Beer*, which is now a fashion, but never invented by *Philosophers*. The common drinking of such Drinks does strike at the very *Sinews* of Health, being much worse than *Wine*, especially than *Wine* and *Water*, which is a

commendable clean healthy Drink, that *begets Appetite, cleanseth the Stomach, Purgeth by Urine,* and is endued with many excellent Faculties, and if it were the Growth of our own Country I would commend the use of it to my Country-men, but being a dear Drink, and therefore not *Come-at-able* by the middle or meaner sort of People, I shall forbear to speak any thing more of its Vertues, only I advise the *Physitians* and *Apothecaries* to use and prefer *Wine*, especially right Rich *Racy Canary* as their best and general *Cordial* in times of Disorder and Sicknes; and do commend all People in general, to that braye mild friendly Drink, *viz. Ale*, made and brew'd according to our Directions in the Book, entituled, *The Way to Health, Long Life and Happiness, &c.* there also you will find an account of the Vertues and Vices of *Beer* and common *Ale*, and which is most agreeable to Nature and best to preserve Health.

CHAP. XX.

Of Sherry.

SHERRY (by many here in *England* call'd *Bristol-Milk*) is a fine *Cordial Wine*, as good for common drinking as *Canary*, but nothing so Rich; being mixt with *Water* it begets *Appetite*, helps *concoction*, cleanseth the *Passages*, and purges more by *Urine* than *Canary*, neither is it so apt to weaken the *Natural Heat*, nor lead the *Lovers* thereof into *Consumptions*; but as it is a strong *Wine*; and heady, discretion and Temperance ought to regulate the use of it; for being too frequently drank, or in too great *Quantity*, it may prove of ill consequence: To which purpose, most of those *Observations* we have made upon *Canary*, may also conveniently be referr'd unto this sort of *Wine*. And though I am forced to use *Repetitions* sometimes for the *Readers sake*, I take no delight therein, for my *Own*.

C H A P. XXI.

Of White-Wine.

W *Hire-Wine* is a brave clean brisk Drink, if moderately taken; it *begets Appetite* and *purgeth by Urine*; yet it contains two Qualities that are not friendly to nature, especially if frequently drank, *viz. Heat* and a *keen Sharpness*, whereby if *Temperance* be wanting in the Drinkers thereof, it will quickly kindle and irritate the central Fires of *Mars* and *Saturn*, which will not only indispose the Body and Spirits, by putting them into an unnatural flame; but in some Complexions generates an hard gritty matter or substance both in the Reins and Bladder: Therefore this, as well as the other *Wines*, ought to be well allay'd with *Water*, which will bravely moderate, cool and sweeten the hot sharp Properties thereof, and bring them near the Equality; and then, *viz.* when this sort of *Wine* is thus allay'd,

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Two thirds of Water to one of Wine, it is one of the best Stomach-drinks that I know ; for it powerfully helps Concoction, washes and cleanses all the Passages and Vessels, and begets Appetite, and gallantly purges by Urine.

But if too frequently drank alone, as the custom of most is, then it heats the Blood and fumes into the Head, and after a little custom of drinking, is so far from being a *Whet*, (as our Tavern-haunters, to excuse their Morning-Debauches, call it) that it dulls the edge of Appetite, and hinders Concoction, and breeds the *Stone* or *Gravel* by its sharpness and heat, and yet at the same time purges powerfully by Urine, by reason of its pure thin spirituous and Balsamick Vertues, but notwithstanding that Torrent of Urine, it leaves behind it an hot harsh or gretty Substance, which in some Natures or Complexions doth generate an hard stoney substance ; and indeed all sorts of Drinks or Foods in which either heat or sharpness doth predominate, are not proper nor Healthy to be frequently drank or eaten ; for all such things do by degrees awaken and strengthen

strengthen their like Properties in the Body, stealing on them, as it were, insensibly, till such matter hath gotten strength, then presently they put Nature into an unequal Motion; for which cause all *Old Wines*, (which some so much love and commend) are injurious; for the longer any Wines are kept after they are fit to drink, the clearer, sharper, brisker and hotter they become; for length of time does, as it were, digest or waste the sweet Balsamick Vertues, by which they become more sharp, harder and nearer to the strong original Spirit: Therefore all *Old Wines* and *Stale Drinks* do more heat the Body, and sooner irritate and awake the natural Heat, than New; it being a grand Error for any to imagine that *New Wine* or *Ale* is not so good or wholesome, or does not afford so proper a Nourishment as *Old Wine* and *Stale Beer*; for indeed the former is far to be preferr'd before the latter; for the milder, sweet and friendly any Drink is, the more true Nourishment it affords both to the Body and the Spirit; and the Reason why such Liquors do not so soon and so much

much heat the Body and irritate the Spirits, is because *New Mild* or *Sweet Liquor* contains more of the balsamick Body, which does qualifie, and as it were captivate the fierce original Spirit, so that it can hardly be tasted or perceived. Not but that in all New or Balsamick Drinks, whether *Wine* or *Ale*, there is contained a far greater quantity of Spirits than in *Old Wine* or *stale Beer*; for the more gentle and the sweeter any Liquor is, the more Spirits it contains, as all that are versed in Distillations well know; for such as make Spirits of *Mault-Drink* do always distil *Ale*, not *stale Beer*. And so in boyling strong sweet *Wort*, it shall waste more in quantity in one hour, than *small Wort* will in three; And wherefore is this? Only because the strong sweet *Wort* has a greater Body, mild, friendly and Balsamick, containing a larger quantity of pure Spirits, that will not endure the Violence of Boyling without Evaporation.

Likewise, the older any sort of Drink is, the leaner it becomes; for as the sweetness digests by length of time, so the original hot fierce Spirits seem

seem not only to be more in quantity, but stronger too, but it is not so, only the sweet pure Body or friendly Quality is weakned or digested by long keeping, which was the Allayer or Moderator of this hot Spirit; for a quart of *New Ale* contains more Spirit than a quart of *stale Beer* that was originally of like strength and sweetness; the same is to be understood of *New* and *Old Wine*, and other Drinks. For which Reasons we conclude *New Wine* is far more wholesome, healthy and agreeable to Nature than *Old*; And *Ale*, when well-brew'd, and according to the Rules set down in our *Way to Health, &c.* is to be preferred before much boyled or stale Beer, and so of other Drinks, especially by all such People as are subject to the *Stone* or *Gravel*, who must observe to drink mild gentle friendly Liquors, that are neither sharp, keen nor hot in operation, as *middle Ale*, *Water* and *Wine*, and *Water*. The same Rule they ought to follow in their Food; for some sort of Victuals are altogether as apt to generate the *Stone* and *Gravel* as any sorts of Drinks, if not more; Therefore

all such Foods and Drinks as are of a middle Nature, and nearest the Simplicity, are always safest, as to Health, and for preventing all kinds of Diseases.

CHAP. XXII.

Of Rhenish-Wine, its Nature and Operation.

THIS sort of *Wine* is a kin to *White-Wine*, but more substance, a brave noble Juice, an excellent *Cleanfer* of the *Stomach*, whereby it begets Appetite and helps Concoction. Nevertheless it is endued with an hot sharp Quality, which when the same is too plentifully drank, heats the whole Body, and is apt to precipitate the Drinkers thereof into *Feavers*; and as for such as by their Complexions are any thing subject to the *Stone*, it will help forward the generation thereof; for though this *Wine* doth naturally purge by *Urine*, yet there is in it an hot or harsh Quality, that heats the
Blood

Blood and congeals the Humours with a *Saturnine* or gretty Substance; for all sorts of Drinks and Foods in which the hot sharp Quality does predominate, are friends to the generation of the *Stone* and *Gravel*: But as every thing has in it a latent Poyson, and yet carries always above it its own *Antidote*, if wisely handled; so if this sort of *Wine* be discreetly mixed with *Water*, and drank only with Food, or when Nature require, then it will prove one of the best sorts of Drink, not only to beget *Appetite*, help *Concoction*, and cleanse the *Stomach*, but also prevent the generation of the *Stone* and *Gravel*; for this Drink does *Purge* by *Urine*, as much, if not more than any other. The truth is, all sorts of *Wine*, drank in Health, ought to be allay'd with *Water*, or otherwise taken very sparingly; for there must be a sympathetical agreement between the Meats or Drinks and Nature, both in number, weight and measure, or as near as may be, or else the Tranquility and Health of the Body and Mind cannot be continued; but such as are ill or faintish may drink now, and then a Glass of intire to great
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advantage of their Health, being the best of *Cordia's*, if used with discretion.

As for *Old Hock*, a sort of *Rhenish*, of which some will now and then boast, that it is twenty or thirty years old, I will only say, that then it has been kept seventeen or twenty five years too long. The keeping of Wine to that Age was only to gratifie Conceit, Vanity, Ostentation and a drunken Humour, and to offer the greater Violence to Nature; for how improper all such very *stale supernatural Wines* are, we have mentioned in the last Chapter. And if People would be but so kind to themselves to observe the Distempers of their Bodies, and what *feaverish Heats* they labour under after the drinking of such *stale Liquors*, they would certainly for the future forbear them.

CHAP. XXIII.

Of Claret, its Nature and Operation.

CLARET is a good Stomach-Wine, of a brisk chearing Operation, the moderate use thereof helps Concoction, and begets Appetite, but it purgeth not so much by Urine as White-Wine, being of a rough or harsher Nature, but of the two more agreeable to *English-men's* Stomachs; if healthy strong People drink frequently of this Wine, 'tis apt to make them fat, phlegmatick, especially such as therewith use little Exercise, as Gentlemen, Citizens, and the like; for no Creature, Man or Beast, will be fat, except they be given up to Idleness and Superfluity; 'tis true, some People, and some Beasts will with the same Meats and Drinks be more full and fleshier than others, but not fat: Others that use Exercises, and but ordinary Food, seem to be fat, but for

for the most part the same is a Distemper, as watry dropical Humors, which in some puff up the ~~members~~ members and swell the Body ; but the chief reason Claret-Wine makes Gentlemen, Citizens, and the like, fat, is for want of Exercise, and by its agreeableness with the Stomach, which sharpens the Appetite, and opens the Vessels by its rough harsh quality, whereby they are inticed to eat great quantities of fat rich Foods and so passing their time without due labour, they become over-grown with Fat, like cram'd Capons (their beloved Dish) or Swine in a Sty.

Yet it must be acknowledged, that Claret is the best of Wines, for those that eat abundance of fat Flesh and succulent Foods, for by its rough keen quality, it digests and separates such oily Foods, as many of our *English* Epicures too frequently gormandize, which milder sweeter Liquors cannot do, as *Canary*, *Ale*, or the like ; for this cause many that eat such fat Foods and Sawces made with Butter, do so much desire brisk spirituous Drinks, finding that such Liquors do best digest them.

But

But yet they are to know, that the frequent use of such Drinks will weaken the natural Heat, so that by degrees the Appetite of such People grows dull, and the Vessels of the Stomach are contracted, and then their Stomachs will desire still more and greater quantities, and to drink them oftner, till at length Health is utterly subverted, and Nature debilitated; for (I cannot say it too oft) the frequent use of all spirituous strong Liquors, being unequal in their parts, do in a little time beget the like Inequality in the Elements of the Body, and instead of preserving Health destroy it; for there cannot be a better thing than a glass of Claret, or a dram of Brandy, or the like, now and then when People have eat too much in Quantity, or Foods too fat or gross in Quality; but I know no necessity for those Spurs and Helps, except to such as lead idle gluttonous Lives, but for others who feed on plain simple Foods and middle Drinks, and use proper Exercises, and keep within the Bounds of Moderation, they shall have no need to drink a glass of Claret before Dinner as a Preparative,

tive, nor a dram of Brandy after for a Restorative of their natural heat, to help it concoct their simple natural Foods; for such innocent natural Diet will maintain the natural Heat in great Vigour, especially if the friendship and advice of *Temperance* be observed; but if *Temperance* be wanting, then the necessity which men do thereby bring upon themselves by drinking of *Claret*, does sufficiently revenge it self upon their *Bodies* as well as *Purses*; for it heats the *Blood*, sends *Fumes* up into the *Crown*, destroys the vigour of the *Natural Heat*, awakens the central *Fires*, makes the *Stomach* (by its continual use) flat and dull; by which means, Drinkers of this Wine can fast long, neither can they eat heartily with Appetite, except they do fast a considerable time, which gives a further occasion to a *phlegmy Fatness*, which many of its common Drinkers are subject unto; for those Persons that are of the *Phlegmatick-Melancholly*, *Phlegmatick-Sanguine*, or *Phlegmatick-Chollerick* Complexion, if once they get the habit of drinking this sort of Wine, though they do not well love it, yet their Nature will seem to

to require it, so that if their *Purse* be but strong enough, they must have a Glass or two or three before Dinner, to clear their Stomachs of that gross slimy matter which their *Over-Nights Debauches*, or superfluous *Evening Draughts* have occasion'd and left behind and four or five Glasses at Dinner, as a spur to force it down, and five or six more after Dinner, with a *File of Pipes of Tobacco* to help Concoction.

This is the Trade which some *Gentlemen*, and too many *Citizens* drive, which not only wastes their *Estates*, and destroys their *Health* (which is the greatest Enjoyment in this World) but also beclouds their *Intellectuals*, stupifies their *Senses*, destroys that true natural Pleasure of eating and drinking, which is one of the greatest where Health is, and a well-prepared Appetite, joyn'd with a clean Stomach, free from *Obstructions*; for he that has a *full-spread Table* every day of various sorts of *Rich compounded Foods*, with *strong Drinks* and *Wine*, is a Thousand times more weary and glutted with it, and hath nothing of that pleasure which the *Poor Man* (who eats his

his *Bread* and *Cheese* in the *Sweat* of his *Brows* under an *Hedge*) enjoys.

Nothing so much cloyes and oppresses the *Appetite* and *Stomach* as always to have varieties of *Flesh* and *Fish*, compounded *Sauces*, *Puddings*, *Pyes*, *Broths*, *Bisques*, *Oglions*, and the like *Extravagant Furniture* of *Gluttony*, enrich with *East* and *West-India* *Ingredients*, and follow'd with heaps of *Sweet-Meats* and *lucious Fruits*, and other *Kickshaws*. This all that use such *Intemperance*, may know by their own woful *Experience*, and by the great number of *Diseases*, they do through *Wantonness* contract, and yet (their *Brains* being sunk into their *Bellies*, and their *Understandings* buried in the *Ordure* of their swelling *Paunches*) they have not the wit to consider it, but finding their *Stomachs* dull, weary, and apt to *loathing*, never thinking of the true cause thereof, will needs go about to mend this defect of *Appetite* by invented *New Dishes*, and more *Point* *Sauces*, and greater variety of *Compositions* foolishly imagining thereby to cure all, as if they would quench *Fire* with pouring on *Oyl*; for too much of this was

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indeed

indeed the original cause of their Grievance.

Therefore let all Men, that prize the *Health* either of their Bodies or Minds, fly such Excesses, and the *Pomp* of *Gluttony* as they would do the *Pestilence*; and for such as have a desire to drink of this *charming ruddy Wine*, they ought to allay and mix it with Water, *Two thirds Water* and *one Wine*, but if you drink it commonly or frequently, then *three fourths Water* and *one Wine*, will be enough, which will be an excellent Drink to *beget Appetite* and *cleanse the Stomach*; it also *Purges powerfully by Urine*, *cooks the Body*, *makes the Blood thin and fine*, whence proceed *brisk lively Natural Spirits*, *Senses*, *Intellectuals*, *Dispositions* and *Inclinations*.

C H A P. XXIV.

Of Cyder, its Nature and Operation.

CYDER, if well made and fermented, is a fine brisk or quick Drink, and that is best which is made of good sound and proper Apples, of which there are various sorts, as *Redstraks, Pippins, Pearmain, Jilly-flowers, Golden-Pippins*, and many others well known to the Makers of Cyder, and therefore needless here to enumerate. But this ought to be noted, that the Apples you intend for Cyder, be they of what sort soever, ought to be ripe before they are gathered, and afterwards to lie in an open Airy Room for two, three or four weeks, in which time, by the Apples sweating, the phlegmatick raw Quality will in some degree be digested, which will render your Cyder sweeter, of a better Body, and more Balsamick than that which is made of Apples either unripe, or made

into Cyder as soon as they are gathered.

Note further, that those that would have a sweeter, stronger and better bodied Cyder than ordinary, ought in some degree to observe the Rules as are usual in Brewing, *viz.* not to press your Apples too hard, as commonly is done, but to half press them, and then put them by for a *smaller Cyder*; for the first that runs off, when you do but gently squeeze your Apples, (as flowing almost of its own accord) is much sweeter, and more balsamick than that which is pressed forth with violence from the harsh centre of the Fruit, and consequently is stronger and more Spirituous, as from the Mault, that liquor or Wort which runs off first is many degrees better than the latter; for though it must be confessed, the case is not altogether the same, because the Mault has passed through several Digestions, which have open'd the *Closet of Saturn*, and set the *sweet spirituous Quality* at liberty, just upon the Wing, by which it readily gives forth its good Vertues, yet the Analogy holds in Apples and other
Fruits

Fruits (*for Nature's Operations are uniform, he that rightly understands one Link, will easily comprehend the whole Chain*) for if you observe, you shall find, that any sort of Fruits will, when any violence is offered to them, first give forth their more sweet Vertues and pure spirituous Qualities, as if you bite a piece of Apple, will not the sweeter and more pleasant Juices be extracted first? And so by degrees yield that which is harsher and more unpleasant? The astringent Properties of *Saturn* and the hot bitter harsh Qualities of *Mars* are the first and last in all Vegetations: The same we find in the Stomach (*Nature's Laboratory*) does not she separate and extract all the Balsamick and good Vertues first, to the supply of Nutriment for all parts of the Body? As you may perceive if you give your Stomach any occasion of *Castig*, if it be within an hour or two after you received your Food or Drink, then it will be somewhat sweet, very tollerable, and come up easie, but if this Puking happen long after, as seven, eight or ten hours, then it will be very nauseous, bitter,

sour, and of various Colours, as *Yellow*, *Green*, and the like, whereby 'tis evident that the bitter parts are drawn away first.

So if *Apples* be pressed hard, there is forced out an hard, harsh, astringent, sour Property, which may cause such *Cyder* to ripen sooner, and be thereby fit to drink in a shorter time, but it will also cause it to fret, or become of a keen sharp Nature, and often causes it to *sour*, more especially if such *Cyder* shall be put on a fresh ferment by Carriage; either by Land or Sea.

Now to know when you have drawn enough from your first gentle pressing, the best way will be to taste your Juice as it comes from the Press, and when it begins to taste any thing harsh, unpleasant or bitterish, then hold your hand as to that, and keep the Juice of the latter pressing by it self, as *Brewers* and *Housewives* do their latter Wort.

If this course be duly observed, your first running from the Press will make a *Noble Balsamick Cyder*, altogether as good as *White-Wine* or *Claret*, and perhaps better than either of them for
our.

our *English Bodies*, If drank temperately. And as it will be thus much better than your *common Cyder*, so it will keep longer from being sour, sharp or eager, and consequently continues more friendly to Nature.

Another, or new way to make Cyder.

Take the first or second Juice you press out of your Apples, and put it into a Kettle or Copper, and make it ready to boyl, or boyling-hot, but not boyl. then put it into Coolers for that purpose, as you do in Brewing Ale or Beer, and when it is at the degree of coolness, as is usual for Wort, when set a working, then put a convenient quantity of Yeast or Barm to it, and let it work, observing the very same Method as is done in working and tunning up *Beer* and *Ale*, and when it hath done working stop it close up.

This will be a brave full-bodied wholesom *Cyder*, keep very well, and drink pleasant and mellow; for this heating and fermentation does digest that crude phlegmy Quality which

makes *Cyder* drink lean and sharp, from which also it often gets a sour Quality.

But if you would have your *Cyder* to keep long, or draw as *Beer* and *Ale* does, and not grow flat for a Month, two or three, then when you have heat your Juice or Liquor, as aforesaid, so that it begins to be hot, put in what quantity of good *Hops* you think fit, and let them infuse a full half hour, but let it not boyl, and then strain it as you do Wort, and put it into your Coolers, and when cool set it a working, as before directed; But therein observe two things, 1. That you do not let it stand too thick in your Coolers, 2. Nor put it in to working before it be sufficiently cold; for if either of those Accidents happen, it will cause the irritation or awakening of the *Saturnal* and *Martial* Poysons, which will destroy the *Balsamick* *Verues* or *Sweet Quality*, by causing it to ferment too fiercely, which is called *Frutting*, and causeth all sorts of Drink to grow hard and stale in a short time.

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This last sort of *Cyder* will not only drink pleasant, with a good Body, but will also keep a long time, and draw or run good as long as *Beer* or *Ale*, and not flatten, as is usual for *Cyder*; so that you will not be obliged to the trouble of Bottling it, which for Families, and the common use of an House, is tedious and chargeable, and not so wholesom, as I have demonstrated in my *Way to health*, in the chapter of *Beer* and *Ale*.

Note, that you may *Boyl your Cyder*, either small or strong, and use the same Order as common Brewers do in making of *Beer* and *Ale*, and some People of late years do manage their *Cyder* accordingly; but in my opinion it is not so good as that which is made either without boyling or heating at all, or that which is only heat, without boyling, as is before mentioned; Not but that which is boyled may be made very good; and to drink, full and satisfactory to the Stomach, but still the former is to be preferred before it.

No sort of *Cyder* ought to be kept above *One Year*, if the Drinkers there-

of regard their healths, though it may be kept several years in Bottles, and drink pleasing to the Palate of many People, especially such as have dull flat crasie cold Stomachs, but as I have told you already, no stale Drinks, whether *Wine*, *Cyder*, *Beer* or *Ale*, are so homogeneal and profitable to Nature as those that are Newer, provided they be first sufficiently fermented; for the longer any fermented Liquors are kept after they have obtain'd to proper ripeness and clearness, the harder, keener and sharper they grow; and therefore are not so agreeable and friendly to Nature as milder, fatter, or full-bodied Drinks; for every thing being come to its mature Age, does by degrees tend towards the centre, and decline; for there is no standing still in the operations of Nature. Thus in all Drinks the keeping them a proper time after they are made, does digest a gross phlegmy Quality, which would make it drink fullsom or nauseous to the Palate and Stomach, which a little Age consumes, even as it comes to pass in all Herbage, as *Hay*, which when new cut down is sweet and faintish.

tish in comparison of what it will be when it has lain half a year or more in the Rick or Mow, but if such Hay lie too long, *viz.* three, four or seven years, then it becomes dry, harsh, and of less Vertue and Substance, and in no respect so good, as in its proper time: So when fermented Drinks have reached to a proper degree of Age, or digestion of the more unpleasing and phlegmatick Juices, then if it be continued much longer, it goes as fast backwards towards its Original, and the sweet Body or Balsamick Vertues are by degrees wasted, and as it were, eaten up by the fierce hungers and eager properties of the dark original Forms, *viz.* of the *Saturnine* and *Martial* Natures, which are greedy devourers of the amiable sweet Balsamick Body; for the harsh astringent bitter fierce Qualities of Nature are always and in every thing the first and the last; Are not your curious delicate well-tasted Apples in the beginning of their generating, or whilst they are young and green, harsh, astringent, bitter, sour, and very unpleasing both to the Palate and Stomach, affording

a Juice or Nourishment altogether as ungrateful to Nature? But through the sweet Influences of the Cœlestials and Elements, the *Solar*, *Jovial* and *Venerial* Qualities are awakened and strengthened to that degree that by their benigne Particles they moderate, allay and qualify both the astringent, bitter and sour harsh Properties, so that each of them does with an hearty and courteous friendliness incorporate and imbrace each other, whence does proceed that lovely pleasant Taste, Smell and Colour, which being once become full ripe, if they be kept much longer they will decay and fall into Putrification, and neither be pleasant nor wholesom, and just so it is with the Liquor that comes from them after its kind; if it be kept too old or stale, it proves injurious to Health, being of a hot tart keen Nature and Operation, which heats the Blood, irritates the pure Spirits, causing weariness and hot Indispositions to possess the whole Body, and generating various Diseases, according to the Nature of each Constitution and Complexion, it being Ignorance, Vanity and Custom

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that have and do make so many *vide* and use such *over-stale Liquors*, not that ever any found any real benefit thereby; for 'tis a never-failing truth; *That all sorts of Drinks are best whilst the pure volatile Spirits are strong, and the balsamick Body potent*; and that the same is not only the wholesomest of all others, but the most pleasant too to the Palate and Stomach, and in every respect more agreeable to the needs and operations of Nature.

C H A P. XXV.

Of Mum, its Nature and Operation.

MUM is a brave *Balsamick Liquor*, very wholesome for *Melancholy Phlegmatick* Complexion'd People, if they observe the Rules of *Temperance*, viz. To drink it sparingly, as also for those whose Food is dry, hard and lean, as *course Bread, ordinary Cheese, Flower'd Milk, Herbs, and lean Potrages*. But this sort of Drink contains

contains another Species or Property, viz. It is of an *hot strong Nature*; It *dulls the Appetite*, sends *fumes into the Head*, and is nothing so good, healthy and wholsome as *clear well brew'd Ale*; for being much boyled with the *Martial Ingredients*, they do not only suffocate, evaporate and destroy the pure thin *subtle spirituous parts*, but it thereby becomes of a thick gross tough substance, and consequently harder of Concoction, so that the Natural heat cannot so easily separate and digest it, as other clearer finer Drinks, as *Ale, Cyder, Wine and Water*, and the like: For this cause, it is not good for such as live at ease, and eat *fat rich compounded strong Food*; for it naturally heats the Blood, and makes it thick, generates heavy dull Spirits, whence proceeds *hot unpleasant Dispositions*; for it being unequal begets the like *Inequality*, both in Body and Spirits, so that the common use of it lays Foundations for Diseases, more especially in *Choleric and Sanguine Complexions*, and all *Children and Young People*.

CH A P. XXVI.

Of Coffee, its Nature and Operation.

COFFEE is a new Liquor, invented by the *Turks* and *Heathens*; for being by their *Alchoran* or *Law* prohibited all *Wine*, they wanted something to spend their time in, and be a Companion to their *Tobacco*, of which in late years they take great Quantities, and therefore gratified their Appetites with this Liquor, which in few years is grown into much Esteem and Practice amongst the *English*, more because it is a *New fetched drink*, than for its *Vertue*, though it must be acknowledged to be one of the most Innocent and harmless drinks that is used in *Publick Houses*, and brings the least Inconveniency to the *Drinkers* thereof, only it wastes precious time and occasions many discourses which were better let alone.

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This sort of drink ought not to be used, but in a *Physical way*, by such as are troubled with *Fumes* and *Dulling Vapours* that fly up into the *Head*, and thereby *stupidise the Senses*; also it is profitable for such as have brought upon themselves such distempers by too large drinking of *Wine* and *strong Drink*, or by *Weariness*, *Labour* or *Fasting*, and for such as are troubled with the *Head-Ach*. But for others that are well, and not troubled with any of the aforesaid *Inconveniencies*, they ought not to addict themselves to the frequent sipping of this *Black Broth*, though there is not so much mischief to be apprehended from it, as from *strong spirituous drinks*. Yet it is not without its *Inconveniencies*; For Nature does not effect any kind of *Inequality*. Now *Coffee* is a *Saturnine* and *Martial drink*, it derives its *sooty Colour* and *nauseous Taste* from *Saturn*, and its *Bitterness* from *Mars*; For the *Jovial Solar*, and *Venerae Properties* are destroyed in the preparation, or making it into *Powder*, that is to say, the *pure subtle* or *Volatile Spirits* and *Oily Balsamick Vertues* are suffocated, consumed or evaporated.

ted, by the *harsh Fire*, by which it becomes fixt in the properties of *Saturn* and *Mars*, and for that cause prevents *Fumes* from flying up into the *Crown*, or at least it sends none; For all things in which the *pure flying Spirits*, *sweet Oily Vertues* and *Natural Colour* are destroyed by Preparations, are of a dull heavy Nature and Operation, and of no good Smell, Colour nor Taste. Therefore this Liquor dulls the Appetite, and if frequently drank, obstructs the Stomach, and generates evil Juices.

One of the chiefest Reasons why the *Turks* at first invented and made *Coffee* a common Drink, was to allay the *Fumes* and *stupifying Poysonous Vapours*, caused by the common eating of *Opium*, which ill custom most of them are subject unto. Now *Opium* is apt to disorder the Eaters thereof by awakning the Natural Spirits, and then *stupifying* and *befotting* them, even as the superfluous drinking of our *Wine* and *strong Drinks* does; For those *Mahometans* being forbidden the *Intoxicating Juice of the Vine*, had an itching desire to disorder their Brains some other way,

way, so fond is *d praved Humane Nature* to make it self mad (as we see by the *Indians*, when once they have tasted *Rum* or *Brandy*, how passionately they will beg for more, crying, *A little more, and then to sleep*) so at last they found out this way to Debauch themselves with eating of *Opium*, whose Poyson by custom and frequent use they have rendred easie and familiar to them, as also they and most of our People have done *Tobacco*, whose predominant Quality does likewise stand in the same *poysonous Root*; But to *allay the stupifying fumes and Vapours*, which *Opium* and *Tobacco* send up into the Head, they frequently drink *Coffee*; for the Invention of this Liquor was not for any pleasure, as most other Drinks have been, as *Wine, Ale, Beer, Cyder*, and many others, which do not only exhilarate the Spirits, but are of a most pleasant Taste; whereas *Coffee* altogether on the contrary, is very distateful to the Palate.

Would Men but be so kind and Friendly to themselves as to observe the *Rules of Temperance and Cleanness*, a very little *Coffee* would serve, though
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it hath it uses in a *Physical way*, as is before mentioned, and no otherwise, it being an improper and unequal drink, therefore not good for Common use or at every turn daily, or two or three times a day, as now a days many Thousands amongst us, especially in *London* and great Towns do.

It is further to be noted, that several of our own Grains will make not only as good *Coffee*, but in every particular like this sort, both in *Smell*, *Colour* and *Operation*, if it have the same preparation; for the species of *Coffee* before it is prepared is of a *white Flowery substance*, as our Grains are, and if you take *Wheat*, *Barley*, *Rye* or *Oats*, and prepare it in every respect ~~the~~ *Coffee*, it will have a like *Taste*, *Smell*, *Colour* and *Operation*; for there will only remain or lie hid in a *Saturnine Powder*, the fixed Salt, which no fire can destroy, and this too will stop or repress tumes and vapours as well as the other, but whoever uses either of them frequently and wantonly, the *Physical Vertues* thereof to Him or Her will cease, and have little or no effect, and therefore
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were it palpable that men in general are set upon *Conceits*, and wedded to *Humours* and *Customs*, and mad after things *new* and *Forreign*, it would be a wonder to see such swarms of People so fond of this *nauseous exotick Liquor*, which always carries its own *Brand* along with it; do but consider its *Taste*, *Colour* and *Smell*, and compare the same with proper and agreeable drinks, as *Water*, *Al*, *Beer*, *Cy* and the like, how vast is the difference? Has not *Water* (that *universal Mother* of all *Drinks*) a pleasant friendly mild or meekly *Taste*, and to undebauched Palates, the most grateful of all Liquors, of a *clear Whitish Colour* and *Aiery Smell*, and agreeable to all Creatures, because the four *Qualities* there stand and have their Operations in the *Equality*? Is not *ale* pleasant, *sweet*, *brisk*, *spirituous* or *Balsamick Taste*, its colour *Solar* and *Jovial*, with a comfortable smell? The same is to be understood of all other proper Drinks, whereof the moderate use does *cheer* and *refresh the Spirits*, and maintain *Health* and *Strength*. But *Coffee* has none of these inviting properties, for its natural Vertues are
burnt

burnt up and totally destroyed in the
 preparation; Its *love y White* and *Yellow*
Colour, which proceed from *Venus*
 and *Sol.* are turned into a *Saturnine*
Black, and its *sweet Spirituous Taste* into
 a *nauseous fulsome Bitter*, with a *small un-*
pleasant. And therefore the Drinkers
 thereof are forced to drink it very hot,
 to hide the *ungrateful Taste*; whereas
 Heat destroys the pleasant Taste of
 proper and Natural Drinks. And for
 this reason *Coffee* is *dull on the Palate* and
Stomach, very apt to *obstruct the Pass-*
sages and *hinder Digestion*, and ought
 not to be drunk but in the way of *Me-*
dicine; for there is as much and more
 reason for any Person to burn *Wood*,
Herbs or *Grains* to *Ashes*, and then take
 those *Ashes* and infuse them in hot
 Water, and when 'tis settled or clear,
 to drink it; For such sorts of Drinks
 are *Medicines* proper for several Diseases,
 but by no means to be drank as com-
 mon Drinks. In a word, *Coffee* is the
Drunkards Settle-brain, the *Fools Pass-*
Time, who admires it for being the
 Production of *Asia*, and is ravisht with
 delight when he hears the *Berries* grow
 in the Desarts of *Arabia*, but would
 not

not give a farthing for an *Hoghead* of it, if it were to be had on *Hampstead-Heath* or *Banstead-Downs*; 'tis the *Samce* for *News*, the *Busie-mans Recreation*, and the *Idle-mans Business*, The *Lazy Prattlers* colourable pretence to spend his *Money* and more pretious *Minutes* vainly, and whilst he is censuring his *Superiors*, and *New-vamping* the *Government*, his *Wife* wants *Shoes*, and his *Children* cry for *Bread*. But since the *Indiscretion* of the *Age* has rendred *Sipping* and *Tippling* almost necessary to *Bargains* and *Business*, and that men, especially in *Cities* and great *Towns*, many times cannot so conveniently transact their *Negotiations*, nor discourse their private *Affairs*, as in such places where there is *Liquor* sold, a *Dish of Coffee* now and then to be drank by an healthy *Person*, will not hurt him, nor make any variation, the quantity is so small; but drinking of it frequently, and smoking *Tobacco* therewith, is injurious to *Health*; yet strong sound *Bodies* may drink or eat improper things, for continual custom will thereby render them less hurtful, especially if they be but small quantities

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at a time. However, the best and surest way for every one, is to let such *Forreign Curiosities* alone, and to take such Meats and Drinks only as are proper in Quality, and therewith not to over-charge Nature in Quantity.

CHAP. XXVII.

Of Tea, its Nature and Operation.

T*E A* is another Forreign Drink, the use whereof hath not been long known in *England*, the best that can be said of it is, That 'tis a pretty innocent harmless Liquor, it hath an opening Quality, and *purgeth by Urine*, but not so much as many of our own *Country-Herbs*, and its great esteem is not from the more than ordinary Virtues that it is endued withal, but chiefly for *Novelty-sake*, and because 'tis *Orlandish*, and dear, and *far-fetcht*, and therefore admired by the Multitude of ignorant People, who always have the greatest esteem for those things they know not. The truth is,
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our Herb called *Dandelion* (that is in English, *Lyons Tooth*, because of the similitude of its Leaf) being gathered according to our Directions in *The Way to Health, &c.* and infused in boiling hot Water about half an hour, and then the Liquor poured from the Herbs, and sweetned with fine White Sugar, is a far better Drink than *Tea*, though the latter costs sixteen or twenty Shillings a Pound, whereas the former may plentifully be had by most people for gathering, and is of far more use and vertue; for it *cleanseth the Stomach*, and powerfully *purgeth by Urine*; its natural Taste is a moderate *Bitter*, which being allay'd by *Sugar*, becomes as grateful, if not more than the best *Tea*.

There are several other of our common Herbs that will perform the like, which I shall not trouble the Reader with in this place, only this I must tell you, that *Sage*, *Penny-Royal*, *Mint*, *Mother of Thyme*, and *Garden Thyme* being gathered and dried in their proper Seasons, and preserv'd in Baggs, will make more suitable Drinks for our

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Constitutions, and answer the end of Nature's wants to a greater advantage than *Tia.*

CHAP. XXIII.

*Of Herbs and Sallads, both boyled
and Raw.*

THere are various sorts of *Herbs* and fragrant *Flowers* that are endued with most excellent Vertues, many of which are so ravishing and sublime, that with the favour of a Metaphor they may be called, *The good Food of Angels*; and therefore they were the only Food for Man in the beginning, when he remained in his Angelical state; for till he defaced the Image of God wherein he was created, every *green Herb* and *Seed* was his Meat, and should have been to this day, if he had continued in that heavenly Condition he was created in and to; but so soon as he suffered his Desires to wander after Vanity, then immediately the original Wrath got mastery, and the

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divine Moderator became weak and impotent, whence arose that desire after *Blood* and *Flesh*, in which that outward Life stands, and has birth from that strong might of *Wrath*; for the original of all Life stands in Poyson; therefore when Man entred into the *Wrathful* Nature and unequal Operation of the original Forms, which does cause such greedy Inclinations, not only to eat *Flesh* and *blood*, but also to *Fighting*, *Killing* and *Oppressions*, both of those of his own kind, and all the inferior Graduates; for according to what Principle and Quality doth carry the upper dominion in man's heart, whether *Love* or *Anger*, such Food, Drink, Exercises, and all other things he desires, Nature being always best gratified with that which has the nearest affinity to its self; whence it appears that mens coveting *Flesh* and *Blood*, is a true sign and testimony of their miserable Fall, and that they live under the power of the dark fierce *Wrath*.— But I have discoursed more of this in my general Treatise, entituled, *The Way to Health, long Life and Happiness*, As also I have there shewed
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at large the excellency of *Herbs, Grains* and *Seeds* for Food, whereunto I refer the Reader ; and shall here only tell you in particular how to make the best and wholsomeſt *Salads*, which if practiſed, may much conduce towards the Preſervation of your Bodies in Health.

1. Take *Spinage, Parsley, Sorrel, Lettice*, and a few *Onions*, then add *Oyl, Vinegar* and *Salt*, a good quantity of each to make it of an high Taſte and Reliſh, but let the *Salt* a little predominate or exceed both the other Ingredients, and eat nothing with it but *Bread*, which is ſufficient, and will be much more grateful to the palate than if you eat *Bread* and *Butter*, or *Bread* and *Cheefe*, or *Bread* and *Meat*, though all thoſe things may be admitted, when you ſeaſon your Sallad only with *Salt* and *Vinegar* ; but it is not proper to eat *Butter, Cheefe* or *Fleſh* with ſuch things or *Sallads* wherein *Oyl* is mixed, there being but little affinity in the Radix of *Oyl* and *Butter* or *Cheefe*, and the natural Heat of the Stomach doth not like that Food in which there are ſeveral

sorts of fat things intermixed, of disagreeing Natures; besides, Fat is always heavy of digestion.

Another sort of good Sallade.

2. Take *Lettice*, *Spinnage-Tops*, *Penny-Royal*, *Sorrel*, a few *Onions* and *Parsley*, and season it as before mentioned, with *Oyl*, *Salt* and *Vinegar*.

Another.

3. Take *Lettice*, *Sorrel*, *Pepper-Grass*, *Spinnage* Tops of *Mint*, and *Onions*, and season'd as before.

Another.

4. Take *Spinnae*, *Lettice*, *Tarragan*, and *Parsley*, with some Leaves of *Balm*. Or, *Sorrel*, *Tarragan*, *Spinnage*, *Lettice*, *Onions* and *Parsley*. Or Tops of *Penny-Royal*, *Mint*, *Lettice*, *Spinnage*, *Sorrel* and *Parsley*. Or *Lettice*, *Spinnage*, *Onions*, *Penny-Royal*, *Balm* and *Sorrel*. Or *Sage*, *Lettice*, *Spinnage*, *Sorrel*, *Onions* and *Parsley*, and seasoned as before.

Another.

5. Take *Sage*, *Penny-Royal*, *Mint*, *Balm*, a few *Lettice*, and some *Sorrel*, and

and season it with *Oyl*, *Salt* and *Vinegar*, as is before mentioned. This is a brave noble warming *Sallad*, as indeed they all are, but this in a more especial manner.

Another.

6. Take *Lettice*, *Sorrel*, *Endife*, *Celery*, *Spinnage* and *Onions*, seasoned as before.

Another.

7. Take young green Buds of *Colworts*, or young *Colworts*, or *Colwort-Plants*, or a hollow *Colworty Cabbage*, with some *Onions*. This is a good *Sallad*, seasoned in the same manner. Some there be that will make *Sallads* of hard *Cabbage*, but they are but very indifferent ones. Nor do I know any way of Preparation that can make an hard white *Cabbage* wholesome: Many People admire it for its whiteness; but though the pure *White* colour in some things is of excellent Vertues, it is not so in this, because it is not natural for it to be so, but it comes to pass by Accident, that is, because the friendly Element, the *Air*, hath not its

free Circulation and Influence in and through it which causeth it to be so *white*; whereas its natural genuine Colour is *Green*. And therefore, if you please to observe it, all white hard Cabbages are more fulsome, and of a stronger nature and operation, either raw or boyled, than your open hollow greenish Cabbages, and harder of Concoction, and the Liquor in which they are boyled is more nauseous, and will sooner putrifie and stink than that in which *Colworts* are boyled. Therefore young green *Colworts* and Cabbage-*Colworts*, are the wholsomest, more cleansing and easier of Concoction.

Another warming chearing Sallad.

8. Take the green fresh Leaves of *Colworts* or *Cabbage-Plants*, *Lettice*, *Sorrel* and *Parsley*, *Tarragan*, *Nettle-Tops*, *Penny-Royal* and *Mint*, let the quantity of each be according to your Palate, being season'd with *Oyl*, *Salt* and *Vinegar*, it is a brave warming or exhilarating Sallade, if seasoned to the highest degree.

Sallads for the Winter.

Take *Colwort-Plants, Sorrel, Lettice, Endive, Celery, Parsley, Old Onions*, (which are far better to be cut and eaten with *Sallads* in the Winter, than Young) and season them well with *Salt, Oyl & Venegr.* This is of a warming chearing Nature, and gives briskness to the Spirits, opening and keeping the Passages from obstructions and furring, which in Winter they are most subject unto; for then, Nature having, as it were, lockt up all her Gates, the central heat is driven more inward, which causeth great Appetite of hard, strong, fat and succulent Foods, and strong Drinks, which where Discretion, Order and Temperance are wanting, sows the Seeds and lays the Foundation for Diseases, that commonly manifest themselves in the Summer following, which the common and frequent eating of *Herbs* and *Sallads* in the Winter, will in a great measure prevent. And though *Herbs* have not so much Life and Vigour, nor are so much opening and cleansing in the Winter as in the

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Spring,

Spring, yet all such Herbs as do grow and continue fresh and green, do also retain their true natural Vertues and Qualities, and being eaten in Sallads, and season'd as they ought, have in a degree the same operation as at other seasons of the year.

This few People do understand or consider, but cry out, *Herbs in Winter!* *Who will or can eat them then? they are cold, and very hurtful*——And this foolish false Doctrine they receive by Tradition from one to another, without any experience or tryal; whereas a Sallad well seasoned and ordered in *December* or *January*, if the season prove open and mild, is as chearing, and (being eaten only with good well made Bread) will warm the Stomach as much as two or three Glasses of Wine, and is far more pleasant and natural; for there is a greater excellency in all green Herbs in the Winter, than most imagine, especially for old People, and such as are subject to Stoppages or Shortness of Breath, who instead of *Onions* may use a clove of *Garlick* in their Sallads, which is one of the best
ways.

ways of eating it, and it will bravely open, chear and warm the Stomach.

Or you may make it thus :

Take *Lettice, Spinnage, Endiff, Celery,* and cut half an head of *Garlick* amongst it, and then season it well with *Oyl, Vinegar* and *Salt*. This is a brave warming Sallet, and very wholsom.

Of the most proper times for eating of Sallads.

Sallads are not improper to be eaten at all Times and Seasons of the Year, but more especially from the beginning of *February* to the middle or last of *June*, for then they are more brisk, lively and powerful than at other seasons, and better able to *Cleanse, Purge, open Obstructions, sweeten and purifie the Blood,* and make pure fine Spirits; for the frequent eating of Herbs do prevent that pernicious and almost general Disease, the SCURVEY, and all windy Humors that does offend the Stomach. Then again from the middle of *September* till *December*, and indeed all the *Winter*, if the Weather be mild and open, all green Herbs are well-

come to the Stomach, and very wholesome, because most People do then live on hard strong substantial Food; and most that can get them, on hot strong spirituous Drinks, which are apt to disorder Nature, if *Temperance* and some *Cleansing Foods* be not eaten between whiles.

In the Spring, *Nettle-tops*, *Spinage*, *Corn-Sallet*, the young *Buds* of *Cabbage* and *Comorts* that grow on *Stalks*, and others of the like Nature, being boiled; for though when you eat *Herbs* alone, as *Food*, you ought not to boyl them, yet when you use them only as *Sawce*, or a *Corrective* to *Flesh-Meats*, you may boyl such of them as are proper) make a good *Sawce* for such as eat *Flesh*, they lousen the *Belly*, help *Concoction*, and consequently open *Obstructions*, which the long *Winter* may have occasion'd; but later in the Spring, as *April*, *May* or *June*, there are several other excellent *Herbs*, as *Lettice*, *Soweed*, *Spinage*, *Parsley*, *Mint-Tops*, *Penny-Royal*, *Borrage*, *Endiffe*, *Succory*, *Beets* *White* and *Red*, and many others in *Gardens*, besides divers that grow common in the *Fields*, as the *Red-*

Red-Dock, Dandelion, Comfory, and the like, which being boyled in plenty of good River or Spring Water, with a brisk Fire (and one of Wood prepares any Food best) and the lid or cover of the Vessel taken off as soon as they begin to boyl, till they are quite boyled, (which will be in a very little time) and then *Butter* melted with *Water* into a thick substance, being put to them, and some *Salt*, and then eaten with *Bread*, or *Bread and Flesh*, makes a brave wholsom Food—Touching the Nature of all *Green-Pulses*, and that the frequent eating of them does generate crude windy Humours, and thick gross Blood, and are the occasion of several Diseases; see our before-cited Treatise, viz. *The Way to Health, long Life and Happiness, &c.*

How to supply the want of Oyl in Sallets, where Persons do not love it, or cannot have it.

For seasoning all sorts of green Salads I have mentioned *Oyl* as a principal Ingredient, and deservedly; for
nothing

nothing is more excellent for that purpose, it being called *Sallet-Oyl* from that very use. But whereas some People for want of use, (or by I know not what secret Antipathy) do not love *Oyl*; and others many times cannot procure it, especially here in *England*, I shall here acquaint them how they may furnish themselves to supply the want of it: You must know then, that *Butter* is our *English Oyl*, the nearest thing we have in affinity to the Nature of *Oyl*, and designed no doubt by Nature to serve our turn instead of it; for no Country yields all things, and yet such is the gracious Providence of God, that every Region affords all things necessary to the Inhabitants; if therefore you melt good *Butter* thick, and pour it upon your Sallad, it will relish and suit with it excellently well, and serve very conveniently instead of *Oyl*, being so like it amongst the Herbs, both in shew and Taste, that an ordinary lover of *Oyl* will not doubt but he has it; and he that does not love *Oyl*, may be sure he has it not, and both enjoy (upon the matter) as much Vertue, for Nourishment and Wholsomeness

as if they had eat the purest *Salad-Oyl* that is brought from beyond the Seas. A curious Secret; not commonly practised, and which I am confident many People will have reason to thank me for.

C H A P. XXIX.

The best way to make Herb Pottage, not only in the Spring, but also at all times of the Year.

TAKE *Elder-buds*, *Nettle tops*, *Clivers*, and *Watercresses* or *Smallage*, and what quantity of Water you please preportionable to your quantity of *Herbs*, add *Oatmeal* according as you would have it in thickness; and when your *Water* and *Oatmeal* is just ready to boyl put your *Herbs* into it, cut or uncut, as you like best; and then when it is again ready to boyl, take a *Ladle* and lade it so that you keep it from boyling and when you have done thus near half a quarter of an hour, take it off the Fire, and let it stand a little while,

while, then you may either eat it with the *Herbs* or strain it, adding a little *Butter*, *Salt* and *Bread*, the best way will be not to eat it till it is somewhat cooled, and not past as hot as *Milk* from the *Cow*, and you are to remember not to let it boyl at all. This is a brave wholsom cleansing sort of Pottage, far beyond what is commonly made.

Another sort of Herb-Pottage,

Take *Water* and *Oatmeal*, make it boyling hot on a quick Fire, then take *Spinnage*, *Corn-faller*, *Tops of Penny-Royal* and *Mint*, cut them and put a good Quantity into it, let it stand on the Fire till it be ready to boyl, and then lade it to and fro five or six Minuits, then take it off, and let it stand a while, that the *Oatmeal* may sink to the bottom, then strain it, adding *Butter*, *Salt* and *Bread*, and when it is about Blood warm, Eat it.

This is a gallant sublime Pottage, pleasant to the Palate and Stomach, cleansing the Passages by opening *Obstructions*; it also chears and comforts the

the Spirits, breeds good Blood, and makes the whole body lightsom. The same method you ought to follow in making all sorts of *Gruels* and *Herb-Pottages*, be the Herbs of what Nature they will; for the *boyling* of *Herbs*, not only in Pottage, but for any other use of Food, was not invented by wise Seers into the *Arcana* of Nature; for it does, as it were, totally destroy the pure volatile Spirits and balsamick Vertues, as also the strong warming Properties thereof. For this cause, *Raw Herbs* are much better, affording a firmer Nourishment, better Blood and purer Spirits, and feel more warming in the Stomach than boyled; nor are they so apt to loosen the Bowels. But if any shall make *boyled Herbs* their Food, though they prepare them by dressing them with *Butter*, and the like, they will prove phlegmatick, cold and windy, with other evil Properties, and not afford half so good a Nourishment as if they were Raw; nor are Raw Herbs more Windy than boyled, as some People, not for want of Ignorance, suppose, but rather the contrary; for the common eating of Raw Herbs

Herbs does naturally resist all crude windy matter and gross Juices, by assisting the natural Heat and helping Concoction; they give Life to the Stomach, by opening the Mouth of the Appetite, and sharpen it, as appears by such as have dull flat Appetites; for when such shall come to a good *Sallet*; it does (as it were) create or revive a Stomach and good Taste, whereas before they could relish nothing: Also, they help to digest and carry off all heavy fat or gross Food, and make it less hurtful, insomuch that some have been thereby cured of windy Phlegmatick Humours that offended the Stomach, and consequently sent Fumes up to the Head, causing it to ache. Therefore this was the way the wise healthy long-lived Antients prepared their Herbs, who made them one of their principal Foods; but now-a-days People do scarce eat them but as Sawce. And as boyling of Herbs does destroy the purer Vertues and firmer Substance of them, so that they become phlegmy, cold and windy; The same is to be understood in all sorts of *Herb-Pottage*, whether for Food

Food or Physick ; for boyling any sorts of Herbs does in a Moments time either suffocate or evaporate the volatile Spirits of them, and then all the sweet pleasant opening cleansing Vertues are gone, and they become like *Beer, Ale or Wine*, that has lost its pure Spirits, which is further evidenced by that strong nauseous or fulsome Taste, ill Smell and dull Colour, all such boyled Pottages have, so that very few care for eating them, unless they are forced to it, as they are to Physick that is against their Stomachs. For the pure sweet pleasant Taste and lively briskness of all things resides in the power of the Spirits ; which all Housewives and Preparers of Food ought to consider and understand, as also the degrees of the Fire, the quantity of Water, and that the Water be in sufficient quantity, and that the Air have its free circulation, and to give it true time, or else none can prepare any kind of Food without prejudice ; for in the sweet and spirituous Properties stand the healing nourishing Vertues, which will not endure any violent Heat or unequal Motion.

To make Garlick or Onion Pottage.

Take *Water* and *Oatmeal*, stir it together, and when it is ready to boyl, bruise as much *Garlick* as you please, to make it either strong or weak, put this bruised *Garlick* into your boyling hot Gruel, and brew it to and fro with your *Ladle*, that it may not boyl for five or six Minutes, then take it off, and let it stand a little, then add *Butter*, *Salt* and *Bread*, and eat it as warm as your Blood. Tis a brave warming cleansing and opening Gruel, nothing so strong and nauseous as that which is boyled; for this way you do extract the finer and purer parts of the *Garlick*, and leaves the strong nauseous Qualities behind; but on the contrary, much boyling or boyling according to custom, does destroy the good opening cleansing Vertues, and awaken the Evil.

C H A P. XXX.

*The best way to make Diet-Drink
with Herbs, Grains, Seeds, &c.
or the proper method of infusion
of Herbs in Beer, Ale, or other
Drinks.*

THe best, proper and most natural way to make all sorts of *Herb-Drinks*, is thus, First, gather your Herbs in their proper times and seasons, as we have taught in our *Way to Health, &c.* Then dry them in the Sun, and put them into close *Paper-Bags*; and when you would use them, take such a quantity as you think fit, and put them into a Linnen Bag, and hang the same in your Beer or Ale when it is a working or fermenting, for two, three, four, five, six, seven or eight hours, and then take it out. (But if you would make *Wormwood-Drink*, then you ought not to let it lie so long, for of that 3 or 4 hours will be sufficient.) And thus if your Herbs
be

be rightly gathered and ordered as aforesaid, all their good, pure and Balsamick Vertues will as easily and readily give themselves forth into the *Beer, Ale, Wine*, or other Liquor, whatever it be, as the pure sweet spirituous Quality in Mault does into the warm Liquor when you Brew, which is performed in one hour to admiration. But as in this Example, if after you have put in your Mault you should let the Water or Liquor remain six, eight or ten hours before you draw it off, then the pure sweet spirituous Quality will become suffocated, and such over long continuance thereof will awake or irritate the phlegmy gross nauseous Properties, which would, as it were, totally destroy all the good Vertues, as every one that can but Brew a peck of Mault, may know by experience. So the very same is to be understood in infusing any sort of well prepared Herbs; for in such dried fermented Bodies or things, the purer Vertues do stand as it were external, and when they are put or infused in any proper Menstruum or Liquor, they give themselves

selves forth, first with all readinesse,
 because the Essential Vertues of every
 thing consists in the volatile Spirit,
 and balsamick or sweet Body, which
 is an hidden flying Vertue, whence
 the true Colour, Smell and Taste do
 proceed: And therefore great care
 ought to be taken in all Preparations,
 that this benign Vertue be neither eva-
 porated nor suffocated; for then the
 thing will presently tend to Putrefa-
 ction, and become a Nauseate and loath-
 ing to Nature. The Learned are
 Men of Tongues, and so they may
 talk at their pleasure, but I do assure
 all the humble Enquirers after *Wis-
 dom's Footsteps*, That the long lying
 or Infusion of any sorts of *Dry or Green
 Herbs*, does destroy their good Pro-
 perties, as a Candle by being held
 downwards is extinguish't by that which
 before fed it, and also do irritate the
 gross fulsom Qualities thereof, as is
 plain by the ill Tastes and Smells of
 all such Drinks, more especially if it
 be *Wormwood*; for then they become
 harsh, strong, bitter, and very un-
 grateful to Nature, and no less un-
 wholesom; For the common *Wormwood-
 Drink*

Drink that is sold in *Al-Houses*, is of a strong, bitter, hot, fuisom Natur and Operation, and the frequent drinking thereof does wound and destroy the natural Heat, and by degrees spoil Digestion, so that the Drinkers thereof cannot be well without Morning-Draughts of their nauseous Part; such sort of Drink especially if any shall drink much of it, being of kin to Spirits and Brandy; those that are once much used to them, cannot without great difficulty leave them.

The long lying of *Wormwood* in the Drink does totally destroy the subtle Spirits and pure fragrant Vertues, awakens the strong bitter poysonous Quality, which not only checks and debilitates the natural Heat, but heats the Blood, making it thick and gross, causing the Spirits to become heavy and dull, and sends up stupifying fumes to the Brain, which falling upon the Optick Nerves, do oft times extreamly prejudice the Eye sight; but if *Worm wood* rightly gathered and preserved be infused but for two or three hours when your Drink is working, and then taken out, you will have all its

its good Qualities, and a most delightful odoriferous Drink, and unattended with any of those ill consequences; if you love it very strong of the *Wormwood*, then add a greater quantity, and not infuse it longer, as is usual with some.

*Another way of making Wormwood-
Ale or Beer.*

Take what quantity you please, more or less, as you would have your Liquor strong or weak of the Herb, infuse it for half an hour in your boiling hot Wort, then strain it out, and put your Wort a cooling, the very same way as I have taught in *The way to Health*, of Brewing, and infusing *Hops*, which does far exceed all the common ways for goodness and vertue.

Wormwood-Drinks thus prepared, either this or the former way, are brave noble Liquors, gentle, warming, helpful to Concoction, they fine the Blood, send no gross Fumes to the head, and therefore hurt not the Eyes, as the common sort generally does.

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The same Method ought to be follow'd in making all sorts of Drinks in which any strong bitter Herbs are infused; and whereas the usual way of making such Drinks does not only render them unpleasant but destroys all the Medicinable Vertues of the Herbs. This new Method which we recommend, makes them pleasant and grateful to both Palate and Stomach, and moreover preserves all the Physicall vertues; for most bitter Herbs do naturally and powerfully open Obstructions, if they be wisely ordered, but otherwise they prove pernicious; for every thing has *two Handles*, and *Fire* that is good to *warm* you, will also *burn* you, if you do not manage it with Discretion.

CHAP.

CHAP. XXXI.

Of Salt, its Nature and Operation.

ALL common Salt is of an high sharp penetrating fierce hot wrathful Nature and Operation, an unseparated Body, wherein the poysonous fierce Original Fumes or Qualities of *Saturn* and *Mars* are predominant, and therefore 'tis unequal in its Operation, except it be allay'd or moderated by some other thing whose Nature is more equal. The *Sea* or *Salt-Water* is as it were, the Original or Fountain of the Essential Salts in each particular thing, whence does proceed the brisk sharpness and distinguishing matter in all Tastes, and in what Creature or other thing this essential Salt is strong and powerful, that Creature is brisk, lively, of good Complex on, strong Appetite and perfect Palate; if in *Vegitables*, then such *Herb*; *Seeds*, *Grains*, or *Fruits* are vigorous, and of good Colour Smell and Taste.

This is that *Salt* which the Wise Man saith, *savours all things*, and not that *Pillar of Salt* that *Lot's Wife* was precipitated into, which was the strong Original Properties, where each form has its Operation in strife and inequality, where there is nothing but sharpness, rending, tearing, bitterness and a Poysonous fierce Operation, of which the *common Salt* is a true figure; therefore it must be moderated with some mild or meeker Body, to render it fit for humane use. Hence if in any sort of Food there be too great a quantity of *Salt*, the same is very apt to heat the whole Body, and consume the Radical Moisture, causing drought and uneasiness, and filling the Body full of Wind: it also heats and frets the Blood with an Itchy or Mangie humour; and indeed *common Salt* destroys all sorts of Inanimate Foods, as *Herbs, Seeds, Fruit, or Grains*, if the same be not presently eaten; for it preys upon the Spirituous parts, and by its fierce hunger destroys the whole; for there is no sort of Food can be long preserved but only by its *own innate Salt*, as appears by intermix-

mixing *Salt* with *Bread*; For that *Bread* into which you put *Salt*, will sooner decay than that which has none; therefore *Bread* that is provided for the *Sea*, where it must be kept very long, is always made without *Salt*. And all *Bakers* and *House-wives* *Bread* would be much better, if they put none in, it being nothing but custom that makes *Mens* *Palates* expect or desire *Salt* in their *Bread*, and the less *Salt* any shall eat, the less they will covet it; for, the mixing of common *Salt* with sundry sorts of *Vegetable* *Feeds*, does hide or Eclipse the fragran-
cy and pleasant Taste of the *Essential* *Salt*, that it cannot be felt by the *Pa-*
late; for as this *innate* *Salt* is the pre-
server and keeper of each thing from
Putrefaction, not only in *Inanimate*
things, but also in all *Animals*, and
therefore a very little of our common
Salt will serve such as feed on *Vegeta-*
tives; for the less *Salt* is put into those
things, the milder, cooler, pleasanter
and easier they are of digestion; For
much *Salt* in Food makes them not
only hard of Concoction, but heats
and dries the Body, and by simily stirs

up and awakens the Central Heat, thereby endangering Health.

Yet still, our common *Salt* is a brave Noble thing, and of mighty use, as the World goes, for those that eat *Flesh* and *Fish*; for it contains several Qualities, especially two, viz. One strong fierce hot Poysonous. Another, sweet friendly pleasant, sharp and lively, but the first exceeds, and therefore all sorts of *Flesh* and *Fish* that do lie or are kept long after salted, do prove pernicious to such as eat them; for by length of time the corrupt parts of such *Flesh* does with a greedy hunger eat up and destroy both the pure brisk sweet Spirious particles of the *Salt*, and also of the *Flesh*, and then such *Flesh* or *Fish* cannot be call'd back or recovered by a fresh salting, or any other Art, to its former state; and the reason is, because in such corrupt *Flesh* there is no simile for the second salting to Incorporate withal, therefore it will proceed to Putrification in defiance of all Art.

For this cause all *Flesh* and *Fish* that has been long salted is Injurious to Health; for it dries, heats and frets the

the Body and Blood, and is one great cause of the SCURVEY ; It also spoils and loosens the *Teeth* and eats away the *Gums* : But still, *Salt* is very proper and wholesom to be eaten with fresh *Flesh* and *Fish*, and some sorts of *Flesh* (as *Beef*) may be salted two, three or four weeks, and if smoaked, it will continue good longer, and therefore the order used in *Bacon* is very Proper ; for *Salt*, where it is moderate in food, doth quicken the Appetite, and makes the Stomach brisk and lively, especially for those who by some disorders or Intemperances have wounded their Health and hurt the Essential *Salts*, which makes the Palate dull, and the Stomach flat and unrelishing, and then People cry, — *My Stomach goes against both Food and Drinks* ; more especially they are averse to all such Meats or Drinks as are compounded or made by Art : But others, as for Example, *fair Water*, they can best take, it being more simple. The like is to be understood of *Foods* ; but there is hardly any Food so simple in all particulars as *Water* ; indeed *Bread* is a brave, mild, simple, friendly Food,

but the mixtures in making, and the manner of common Baking does alter the case, and make it nothing so simple as *Water*; therefore *Water* in all states, both *Health* and *Sickness* is pleasant and delightful to the *Palate*, *Stomach* and all the *Senses*. For it is observable, that if you eat sweet things *Water* is grateful after them, or any other Foods of extream Tastes, but other compounded or fermented Drinks are not; which does commend *Water* to be the cleanest and compleatest drink of all others, and that People may and can drink it with delight in *Sickness*, and when the *Essential Salts* have lost their favour, and also shews that the disease did not proceed from any of its Qualities; for when such Loathing and Distempers proceed from Meats or Drinks, as most commonly it does, then the *Stomach* and *Palate* do perfectly abominate all such things. Thus in all or most sicknesses People chuse *Water* before *Beer*, *Ale*, *Cyder* or *Wine*, and for Foods had rather eat Bread, Fruits, and the like, than *Flesh*, *Butter*, *Cheese*, *Puddens*, &c. and most had rather eat
Fish;

Fish than *Flesh*, the reason is, because in Health they seldom eat *Fish*, and so the Disease did not "proceed from thence.

Likewise Salt is a brave addition to *Butter* and *Cheese*, to preserve and keep it from putrifaction for a convenient season, but all sorts of *Vegetations* are highly to be esteemed, for that they have in themselves the *Essential Salt*, sufficient to preserve them a long time from falling into corruption; but that which is most to be admired is *Oyl*, which tho' it be of an unctious fat Nature, is yet so pure, and void of offensive matter, that it may be kept good several years, nor can the best salting preserve *Butter* half so long.

Here you are to understand, that all sorts of Food that quickly tend and turn to putrifaction are not to be counted so good as those that by their innate Vertue and *Essential Salt*, will continue good a considerable time, as all sorts of *Grains*, *Wheat*, *Barley*, *Rye*, *Pease*, *Beans*, *Fruits*; &c. since they are far more strong, firm and spirituous, than any sort of *Flesh* or *Fish*. Not but that there is the same *Essential*

al and pure *Salt* in these, as in Grains, or rather greater, but the gross phlegmatick Body overcomes it, and as soon as the Sensitive Life is destroyed, the good Vertues are in a moments time dissipated and tend to corruption, and though it be *salied*, yet the *Salt* doth not, nor hath any power to extinguish or purge forth this gross Body of Corruption, but the Spirituous parts of the *Salt* do incorporate and joyn with the Essential parts of the Flesh, and captivate the gross body for a season, that it cannot proceed to putrifaction; but in length of time, viz. two, three, four, five, six, seven or eight months, the gross body continuing so powerful, and the more pure parts or Essential *Salts* both in the Flesh and *Salt* do by degrees waste, suffocate or evaporate, and then the Original fierce Poysonous forms of *Saturn* and *Mars* grow strong and powerful, and with a greedy hunger quickly destroy all the remaining good Vertues, and then all falls into Corruption, from which there is no recovery. And indeed so powerful in *Flesh* and *Fish* is the gross Phlegmy Corruptive part, that there is

is no way found that can continue it very long from Putrifaction; the best course to preserve it sweet, sound and wholesome is to dry *Fish* very well, and the same may be done with *Flesh*, but with more difficulty, and this is far the healthiest way. But I know no reason why People should be so fond of this sort of morose Food, or sustain any such difficulty to preserve it so extraordinary long, since the Lord our Bountiful Creator has in a superabundant manner supplied and furnisht us with varieties of brave, noble, friendly and most fragrant sorts of sound healthy Foods, easily providable, and which may in all particulars gratifie all the ends and necessities of Nature.

To conclude this matter — Salt moderately used, especially with *Flesh*, *Fish*, *Butter* and *Cheese* does prove of excellent use and benefit; for it naturally *warms*, *cheers*, *comforts* and *settles* weak or disordered Stomachs, prevents *belching*, *vomitings*, and other *Inconveniencies* of that Nature; but if it be immoderately used or eaten, then

it hath the contrary operations. And in many Countries where Salt is scarce, People live very healthy without it to great Ages. For as he that drinks all Water will never want any other Drink, so Custom makes every thing not only a second Nature, but causes great seeming Wants to be where there is no real or natural cause for it; and so Salt is very unpleasant to such as have never or very seldom eat any.

But some may say, *How can fat Foods or things be eaten without Salt?*

'Tis true, if you have accustomed your self to eat plenty of Salt with such Foods, then your Palate and Stomach will not without trouble, and some reluctancy, receive them without Salt; but if you had never eaten any Salt with them, then you would have counted them much sweeter without; though all fat Foods that proceed from Beasts do really want Salt, by reason of the abundance of gross humidity, but all fat or Unctious things that proceed from the Vegetable Kingdom, do not need any Salt, they being so sweet and clean in their Radixes, that if you incorporate Salt with them,

them, (unless it be just when you eat
 them) it will destroy their natural
 Vertues; which does further shew the
 purity and excellency of the one, and
 the evil or grossness of the other. And
 this let all men know, and that of a
 truth; That there are no *Juices, Oyls,*
Fats, or any thing of that nature,
 which depraved Man makes Food of,
 that are so rich, clean, simple, whol-
 some and grateful to Nature, as the
Oyls, Fats, &c. of Grains, and other
 things that proceed from the *Vegeta-*
tive Kingdom. What production of
Animals is for Food fit to be rankt in
 equal esteem with the *Oyl* either of
Olives or *Nuts*? The former is enricht
 with such an essential Salt in it self,
 as can for several years preserve it
 sound and good; whereas the *Animal*
Fat is so gross and corrupt, that it
 will presently turn to Putrefaction, if
 you have not the assistance of the grand
Pillar of Salt, the fierce original or un-
 separated Body. Is *Flesh* to be valued
 equal to *Bread,* which is deservedly
 entituled, *The Staff of Life,* and under
 which we are taught by our Lord to
 comprehend all things necessary to our

subsistence here below, in that Petition,
Give us this day our daily Bread? Is *Flesh*,
 I say, (which is gross humid, subject
 to Putrefaction in the highest degree,
 always attended with dying Groans
 and dolorous Cryes, Rage, Violence
 and Oppression, and in it self both not
 healthy, and also unpleasant to the
 Palate and Senses, if once enlightned,
 and not debauched by custom) fit to
 be compared with *Bread*, a brave, no-
 ble, firm, innocent, substantial, heal-
 thy Food, and proper for *Angelical*
Me? Nay, the Fruits that proceed
 from the *Animal Kingdom*, viz. *Milk*
 the most noble and useful of them all,
 cannot we use and dignifie with the
 most delicious Juices that flow from
 the *Vegetative Regions*, as the various
 sorts of excellent *Wines, Cyder, Ale,*
Beer, &c. which if temperately used
 supply the wants of Man, and grati-
 fie Nature to the highest, and by their
 own innate alt preserve their own
 Bodies, without being beholding to
 the grand original *Pillar of Salt?* What
 have you in your *Animal store* that can
 match the vast varieties of noble fra-
 grant *Herbs, Seeds, Grains, and Fruits,*
 whose

whose Number is beyond any humane Capacity to count? The one smells *sweet*, and fills the Air with most *pleasant odoriferous Scents*, ravishing the Senses of man, and serving him both for *Food* and *Physick*, *Use* and *Pleasure*; whereas the other stinks, and fills the Earth with *Ordure*, and sends up *Fumes* alike unpleasant and unhealthy, and by no Art can long be preserved from *Putrefaction* and *Rottenness*. And as in these, so in many other respects, the *Vegetative Productions* so far transcend the *Animal*, as to Food, that whether you respect *Innocency* or *Wholsomeness*, *D light* or *Cleanliness*, there is no comparison to be made between them.

CHAP. XXXII.

Of the Scurvey, and its Generation.

THE SCURVEY is of late Years become an Epidemical, or almost general Disease amongst *English* people, the principal Causes of which are Intempe-

temperance, and want of care in some of the following particulars:

1. By eating too much in quantity, beyond the power of the digestive Faculty, so that the natural heat cannot make any perfect separation, whence Crudities and noxious Juices are generated, which do replenish the Joynts and Members, and not only cause the Blood to be thick, but infect it with a sharp keen fretting Quality, which discolours the Flesh and Skin, and makes the Limbs and Members ache with pain.

2. The frequent eating of Foods that are of a contrary Quality to the Constitution, which do secretly wound the pure Spirits, and put Nature out of her natural way.

3. Improper Preparations of Food, which do render them burthensom to Nature, generating evil Nourishment, bad Blood, and impure Spirits.

4. The frequent eating of moist phlegmatick Food, which naturally dull, stupifie and drown the Senses, and makes the Sweet Oyl burn dim, which causes Indisposition and unpleasant Humors.

The

5. The common eating of Flesh, without distinction, or regard had to the season of the Year, healthfulness or unhealthfulness of the Creatures, which do as it were corrupt the very Radix of Nature, from whom proceed various Diseases, as *Pebycks*, *Stoppages of the Breast*, *Phlegm*, and *Phlegmatick Humors*, which makes the Spirits dull and impure, whence do arise heavy, lumpish Dispositions, with ravenous fierce Inclinations and cruel Passions, which cause many of them to use such evil Words; demonstrating that the dark center of Wrath is awakened, and does predominate; for all evil Words are generated from the fierce wrathful or devilish Nature. This every one ought to consider, as in those two common Passions; when the poysonous and fierce fury of *Saturn* and *Mars* is stirred up, are not most then apt to belch forth vain, wicked and heliish Speeches as *Swearing*, *Cursing*, and not only impiously prophaning the holy Name of God, but even challenging, and as it were daring his Tremendous Majesty, (whose Wrath is a consuming Fire) to damn and confound them, and calling their

their fellow Creatures, *Dogs, Whelps, Sons of Whores, Devils*, and a hundred of the like evil Names. Now consider O Man! from what Root such Words do take their Birth? And so on the contrary, do not all good Men, and others, when pleased or in good Humours, breathe forth amicable loving Words or Discourses, there being more, either good or evil; in words than most imagin, for they declare what Kingdom has the upper dominion in them; nor is it unobservable, that the word *Scurvey* denotes well and evil Affection of Mind, and a cross way-ward peevish ill conditioned Disposition, as well as a disordered habit of Body, and not without cause, since they both proceed from the same occasion or radical cause of mans precipitating himself into the dark Abysse or Cruelty, preying upon and devouring his fellow Creatures.

6. The much eating of Flesh and Fish does generate in some Complexions *cloded Blood, King's-Evil, Plurisies, Scabs, Leprosies*, and many other mangie Diseases; or *Dropsies, heaviness of the Spirit*, and in some it causeth *Fevers, Swellings of the Members*, also the

Gout,

Gout, Stone, and many other unnatural Dilempers; which at last having reduced the Body into a general dis-crasie or unnatural Ferment, terminates in the *Scurvey*, as so many stinking Puddles into one Common-Shore; for indeed the *Scurvey* is a Complication of several Diseases and Disorders, as appears by the various and very different Symptoms, appearing on such as are afflicted therewith.

7. By eating most sorts of Food, whilst the fiery Heat is in it, not suffering the sulphurous Vapours and ~~terce~~ Fumes to seperate, after 'tis prepared, which causes a Scorbutick Itch to possess the Blood, and swells the Body with windy Humors.

8. By eating too often, that is, before the former Meal be concocted, which does not only dull, and indispose the whole Body, but also it generates Crudities and evil Juices, which cause Stoppages, and Shortness of Breath.

9. By drinking too much in Quantity of rich Cordial-d ink, which irritates and awakens the central Spirits, and by degrees destroys the digestive Faculty

Faculty and natural Heat, and hurts the Blood.

10. The drinking *small Beer* that is brewed after Ale and strong Beer, which is nothing but the washing of the Grains, viz. a sour nauseous Quality; nothing breeds worse Blood than the frequent drinking of such Liquor.

11. The drinking of Ale not well fermented, or such as has the Barm or Yest beaten into it, as is usual for Brewers to do in *London*, to make it seem strong; sweet and full in the Mouth, such Drink is very offensive to Nature, it generates Phlegm in the Stomach, dulls the edge of the Appetite, furs the Passages, sends dulling Fumes and Vapours into the Head, and breeds bad Blood; likewise new small Beer and Ale is pernicious.

12. By drinking stale strong Beer, which is boyled a long time with Hops, this sort of Drink is pernicious, it heats the Blood, swells the whole Body, generates in some Complexions a hard gretty substance in the Reins and Bladder.

13. By

13. By drinking various Sorts of *Wine*, when need and nature doth not require it, which do irritate the Spirits, heat the Blood, destroy the Appetite, and indisposes the whole Body.

14. By accustoming themselves to *close Houses, warm Clothings, soft Feather-Beds, and lying long in Bed*, which does soften and weaken Nature that she becomes impotent, and hinders the free circulation of the Blood.

15. *Idleness*, and want of proper Exercise in open airy places, destroys the Health and weakens the whole Body.

16. By visiting the *Shades of Venus* too often, and forcing Nature beyond her Inclinations and Power, which does corrupt her in the very Radix; and this is frequently done by stimulating Nature with gluttonous Provocations, high compounded Foods, and rich Cordial Drinks, viz. such as need no Teeth to chew them, nor Stomach to digest them, that being done already in the Preparation.

17. By *Carking Cares and Perturbations of Mind, Passions of Love and Hatred, Superstition, Envy*, and the like.

These

These are some of the Intemperances that have destroy'd the Health both of the *Body* and *Mind*, even in the very *Radix*; and indeed when I consider the various Disorders that Mankind daily commits, I cannot admire at the great number of cruel Diseases they are afflicted with; but rather I am apt sometimes to wonder that there are any that escape, or that so many do out-live Childhood; but it must be said, That through the custom of ill usage and disorders, great numbers do croud through many Inconveniences; as in the most fatal Battels some escape.

Rules and Directions for such as are Wise and Well minded, and would prevent the Scurvey, and other Diseases.

1. **M**Eats and Drinks ought not to be taken that are too strong for Nature, but rather she ought always to be stronger than the Food, and so the Stomach and the Natural Heat will be able to digest and make perfect Separation, whence will be generated good Blood

Blood and pure brisk Spirits, and they always make the Body light lightfome and agile.

2. Meats or Drinks ought not to be taken that are of a contrary Nature or Quality to the Constitution; but such as are simple in their kind, agreeable to the Complexion, and as near as may be, equal in their parts, which will breed good Blood, and encrease the Spirits, and keep the Passages free from Obstructions, and give strength to all the members of the Body.

3. Neither ought any to eat to *Dullness*; for if healthy People feel themselves oppressed after Meals, they ought to make abatement in the quantity. Do not most People before eating and drinking find themselves quick, brisk and lightfome, provided they have not, either by over-labour or fasting too long, evaporated or wasted their Spirits? But after their eating and drinking, because they do it immoderately, they are sensible of a clogging heaviness & dull Indisposition, which is a certain sign that the necessity and conveniency of Nature is exceeded;
for

for the intention of Food is to refresh, not to oppress or incommode her.

4. The pleasure of the Palate in eating and drinking is prolonged many degrees beyond the necessity of the Stomach, especially where Foods or Drinks are made by Art and Compulsion, enticing, and many People thereby over-charge themselves, before they are aware, whence Crudities, noxious Juices, and many cruel Diseases are generated, and in the end Death it self; therefore let all Persons watch over themselves in this respect, and take the wise mans advice, *To set a Knife to their Throat*; that is, to take up a Resolution of Temperance whenever they find their Appetites tempted, and like to be inveigled, and drawn in to Excess.

5. Your Meats and Drinks ought in every respect to be properly prepared; for Food ill dressed does destroy Health in a secret, yet Powerful manner. Some will but *half* do it, others *over-do* it, both are great and dangerous Errors, so that the Stomach cannot draw any good Nourishment from it for the Body,

dy, and so the Blood is thickned, the Spirits wounded, and many Diseases are multiplied.

6. All sorts of *Flesh*, and other gross Foods that are boyled, ought to be boyled in plenty of Water, with brisk quick Fires, without intermission, and as soon as they begin to boyl, the Vessel should be uncovered until it be done; which will preserve the pure balsamick Vertues and Spirits, whence the pure delightful Taste, Smell and Colour do proceed.

7. Forbear to eat *Flesh* without distinction, more especially in *July*, *August*, *September* and *October*; for then the *Flesh* of all sorts of *Cattel* is more subject to putrifaction than at any other season, not only from the heat of the Weather, but because the Sun is then declining, which causes all other things to do so too; and the Grass on which they feed is weak, fainty and phlegmatick, which is the reason why their fat is then so soft and greasie that it will not duly take salt, and more especially if hard driven, as most *Cattel* kill'd about *London*, and other great Cities, has been; therefore in the fore-
mention'd

mention'd Months the *Gripping of the Bowels* and *pernicious Feavers* do reign more than at any other time of the year.

8. Forbear the frequent eating of *Fish* without regard had to the Season, or to their cleanness or uncleanness, or their being killed after they are taken, that is, by a Wound, which would cause the free evacuation of the original Properties of *Saturn* and *Mars*, which is seldom done by the ignorant Fisher-men, but they let them dye, that is, strangle or suffocate themselves, whereby the pure Spirits and sweet Vertues (by the Agony of the Creature at the departure of Life) are fixt or overcome; for the original Venoms, in which all Life consists, are then so terribly stirred up and agitated, that they immediately suffocate the pure Spirits and sweet Oyl, if there be not a Wound made, whereby those raging Poysons may freely pass away in the Vehicle of the Blood. For this Reason Experience, that all Flesh, as of Fowls, or the like that are strangled, will not eat so sweet and pleasant as others that have a Wound

Wound made and bleed plentifully, but hath a stronger and grosser Taste and Smell, nor will it breed so good Blood or Nourishment as the other.

9. Remember that you eat not before the former Foods be digested; nothing is a greater Preserver of Health than proper *Fasting*, it cleanseth the Stomach, keeps the Passages from being furr'd, prevents *Stoppages*, *Colds* and *Shortness of Breath*, and makes People *Aiery*, *strong*, and of good *clean Complexions*.

10. Drink moderate and simple Drinks, not exceeding either in *Quantity* or *Quality*, for fear you waste and destroy your Health; and be sure let your Drink be well fermented, clear and free from that *Yeasty Quality*, which most of your *Ale* in *London* is subject unto; nor such *Small-Beer* as is there commonly put off by *Chandlers*, which the *Brewers* make after the brewing of their *Ale* and *strong Beer*, being little better than the washing of their Vessels and contains a sour nauseous Property, that heats the Blood and hurts the Body.

11. Let your ordinary Drinks be mild and friendly to Nature, not *stale*,
N
hard,

hard, sour, nor too new, for all these are prejudicial.

12. Let your *Habit or Day-Clothing* be moderate, rather *thin* than *thick*, whereby the pleasant vapours of the Air may freely court Nature, and be suckt in at the Pores as by Sponges on all parts; which will continually cheer, comfort and refresh the Spirits and whole Body, and makes your Limbs strong, nimble and lively, preventing *Drought, unnatural Heat, and the like Indispositions.*

13. Let your *Houses* be *Merry*; your *Windows* large, and often set open, your *Beds* hard, *clean* and *sweet*, for which purpose *Straw* or *Flock-Beds*, with *Quilts* on them, will be much better than *Feather-Beds*, and will not only prevent the generation of *Vermis*, but make you more healthful, and enable all the Limbs to discharge their respective Functions with ease and pleasure, as I have at large demonstrated, and given the Reasons thereof in *my Way to Health, &c.*

14. Forget not to use proper *Exercises* and *Labour* in open airy places, which will prevent many occasions of *Weaknesses* and *Obstructions*; and such as cannot or will not labour, let them take good *Walks* every day by *Riversides*, or on *Downs* and *Plains*.

15. Observe the Rules of *Chastity*, provoke not Nature, nor turn her out of her simple and innocent way, but use such *Meats*, *Drinks*, and *Exercises*, as will replenish her with brisk lively *Spirits* and *Vertues*; neither ought you to give way to loose *Imaginations*, but to abhor *unlawful Lusts*, and to make use of the Remedy he hath permitted with Moderation, and only for the ends for which the same was ordained.

16. Avoid as much as may be, *Compounded Foods*, especially such as have been invented to intice Nature beyond her proper Inclinations, but content your selves with simple *Meats* and *Drinks*, which you will find to be the *Sinews* of *Health* and *Strength*, so that your *Stomach* and natural *Heat* shall continue good and vigorous all your appointed time.

17. Let not *Carking Cares*, nor *Perturbations* afflict your Minds about such things as are out of your power to help or remedy, nor abandon your selves too much to any *Passion*, be it *Love*, *Hate*, *Revenge*, or the like; avoid *Envy*, *Strife*, *Violence* and *Oppression* either to Man or Beast; *Stillness* and *Complacency of Mind* are two main Props to support our *Adamical Building*; a cheerful Heart causeth the Countenance to shine; a good *Conscience* is a continual *Feast*, and *Content* is *Nectar* to the Spirits, and *Marrow* to the Bones. Therefore study to be satisfied with your Portion, and thank and bless God for his Bounties which you enjoy, and use his Creatures for the end they were given thee; and above all, consider, that thou art made in the Image of God, and in thee is truly contained the Properties of all *Elements*, therefore thou art obliged to imitate thy Creator, and so to conduct thy ways that thou mayst attract the benign Influences of the *Cælestials* and *Terrestrials*, and the favourable *Irradiations* of the *superior* and *inferior Worlds*; and on the other side, not to awaken

awaken the *Dragon*, that is always lurking about the *Golden Fruit* in the *fair Garden* of the internal *Hesperides*, nor irritate the *Original Poysons*, nor raise *Combustions within*, by falling into *Disorders without*; but managing all things in *Temperance* and *Simplicity*, and hearkening to the *Voice of Wisdom*, and the *Dictates of Reason* and *Nature*, thou shalt transact the days of thy *Pilgrimage* here in *Peace* and *Tranquility*, and be prepared for the fruition of more compleat and undisturbed, as well as *endleſt Felicity*.

Observing the tedious methods of some unskilful Chyrurgeons, together with their improper Compositions and unnatural Applicati-
ons, which do not only Ruin and Undo many poor necessitous People, but to the losing of their Limbs, and sometimes their Lives too; therefore I think it no worth-
less Service to recommend unto the World, especially to the poor, the use of the following Remedies, which are not only cheap and easily Come-at-able, but certain in their Operation, far beyond any things hitherto known or published, viz.

An Excellent POULTICE.

WHich does Cure Burns, Scalded-Limbs, Boils, Fellons, Tumors, proceeding either from Choller, Phlegm, or Melancholly: Also Cures all Inflamations, Contusions or Bruizes, either with

with or without a Wound, *Ulcers*, old Wounds, or running Sores; also an excellent Remedy against all sorts and kinds of the Gout, (and Inflammations of the Eyes, let them proceed from what cause soever.) By allwaging the swelled part, and easeth the torturing Pains thereof, as it were in a moments time; also it is admirable against sore Breasts, and bites of Dogs, or any other hurt of what kind or nature soever it be.

Take one quart of good Water, viz. River, Spring, or Rain-Water, the last being the best, and as much small or ground Oatmeale as will make it thick, fit for a Poultice, unto which add two ounces of good Sugar, and a handful of *Mandelion* cut small, then put it over the Fire in an open convenient Vessel, keep it stirring all the time till it be ready to Boyl, or boyling hot, then it is done.

Another.

Take one quart of Water, and as much good well baked Household-Bread as will make it thick, then add three ounces of beaten Raisins of the Sun, and one ounce of Sugar, and a

glass of good new *Ale*, stir all your Ingredients together, and make it boyling hot over a clear quick Fire, and then it is done.

Another.

Take one quart of good *Ale*, three ounces of *Raisins* of the *Sun* beaten, two ounces of good Sugar with some *Mallow* Leaves, cut them small, put them over the fire till boyling hot, or ready to boyl, then it is done.

Another.

Take one quart of Water, as much Bread as will make it thick, fit for a Poultrice, five ounces of *Raisins* of the *Sun*, and one ounce of *Coriander-seeds* beaten with a glass of *Ale*, make it boyling hot, and then it is done.

Another.

Take one quart of Water, as much Bread as will make it thick, two Ounces of Sugar, and a Glass of good Sack or other Wine, make it boyling hot, and then it is done.

Apply the forementioned Remedies to the part grieved, viz. — Spread
your

your Poultice indifferent thick, on a Linnen Cloth, that will cover the whole part, somewhat warmer then *Milk* from the Cow; but not so hot as is usual, for all extreams prove prejudicial to Wounds, Sores, and Bruises, except it be on some particular occasions.

These Poultices you must apply every hour, or every two hours, (at least) in the day, and three or four times in the Night, if your Hurt or Wound be dangerous, If not twelve or fourteen times in the Day and Night may do, *viz.*

When your Poultice has lain on one hour, or an hour and a half, or two at the most, put it away off your Cloth, and put fresh on, and so keep a constant repetition of it for 2, 3, 4, 5, 6, 7, 8, 9, or ten days if occasion be; but it will heal and cure most of the forementioned Evils much sooner, if you observe this method, — but remember to wash your Wounds or Sores between whiles with Sugar and Water, and sometimes with fresh Butter and Water beaten together, to keep it clean and pliant.

These are noble Poultices, and all the Ingredients do cast a friendly aspect to each other, being of a cleansing mild Balsamick Nature and Operation, and therefore they do by their active penetrating Power, strengthen and raise up the dismayed Oyl or wounded Spirits by meliorating and allwaging the irritated or awakened fierce poysonous Humors, by which this doth as far exceed the common and usual methods and practices of Chyrurgeons, and other Practitioners, as that light doth darkness.

But here I shall meet with a swinging objection, viz. Why do you leave out of your Poultices the great Ingredient, viz. the fulsome Grease of Swine and other Fats? which all skilled in the Art of curing, have for the most part advised, and for no other reason as I know, then that their Poultices should not offend the Patient by sticking to the Sore or wounded part, for their long lying on the grieved part, if there were not some Fats or Oyles, the Poultices would occasion them to become hard and stiff, and so stick to the Sore, which we prevent by our
often

often repetition for the Spirituous Vertues and Qualities of Fats, are so hid and lockt up in the oyly Body, that Nature cannot separate nor draw forth their fine sweet Spirituous Vertues to that degree, as she can from Vegetations, as all Men skilled in Nature and Chymistry do know, they being of a heavy dull flat Nature and Operation, very offensive to the tender Spirits and Blood, by which they impede and hinder the Cure, therefore those Poultices wherein Fats are mixed, the fine Spirits and Vertues thereof do not so easily nor powerfully penetrate the Wound as rich Vegetations, whose Spirits and lively Vertues are as it were on the Wing, and therefore Poultices aptly compounded thereof, their Vertues do in a moments time penetrate to the Center, and incorporate with their similes, by which they strengthen and raise up the wounded Spirits, and at the same time do qualify the fierce raging Poysons, more especially if our method be observed, and so effect the Cure, not only in a shorter time, but much safer, and with greater ease to the Patient. For by
this

this *Phylosophical* Operation, of repeating it so often, doth mightily advance and forward the Cure: And Note, that every fresh Application of this Homogenial-Poultice to the grieved part, do add new and fresh Supplies of Vertue, for in all Operations of this Nature, the fine healing spirituous Qualities thereof, do first impart and give themselves forth, which by a secret sympathetical Power, do penetrate the whole, and incorporate with their similes, administering their sweet Vertues, which gives a new Life to the wounded Spirits, and dismayed Oyles, and do at the same time withstand and allay the fierce raging awakned or irritated poysonous Humours; it being the way of Nature for all homogenial Bodies, that have passed through any Preparation, Digestion or Fermentation, when aptly applied or joyned to any proper Subject or thing. For the fine cleansing healing Qualities and good Vertues, do give themselves forth and joyn or incorporate with their Similies; even as the fine sweet spirituous Qualities of Maule do imbibe or give themselves forth and

and incorporate with the hot Water in your *Mash-Tub*, in the method of Brewing; therefore every Application do add new Supplies of Vertue and strength to the wounded Spirits, and draws forth and consumes the gross humidity, and exalts the Essential Life of that part, and are as refreshing to the wounded Spirits, as the pleasant influences and salutiferous Breezes of Wind in a hot season: For Note, that the Spirits and fine Qualities of each thing, are light, Volatile, ready, quick and powerful in Operation, that in a moments time they penetrate even to the Center; for every particular Quality in Nature, has a Key in it self to open the Gate of its own Principle; what Man in the World would believe the attractive inclination which the *Lead-stone* has upon *Iron*, if it did not appear to his sight; the very same sympathetical Power have all other things, though in some it is more occult. And for this cause, one Body works upon another, by a certain natural attraction and sympathetical Inclination. Thus the wise and wonderful Creator, has endued every thing

thing with an attractive and influential Vertue; it is not therefore the gross Body of your Poultrice, that will do your Business; that is full of corrupt and paysonous humours, which are awakned by the long continuation thereof, for these Reasons, the long lying of Poultrices and Plaisters, on Wounds and Sores, have no better Effects, then the long continuation or standing of the Liquor on the Mault in your *Myst-Tub*, which if it continue more then two, three or four Hours, it will spoil and corrupt the whole, for First, (as I said before) the fine sweet Volatile Spirituous Vertues, imbibes or incorporates themselves with the hot Liquor, and then if there be not a separation made in two, three or four Hours, by drawing it off, but the applycation continued, then there will soon awaken another Quality of a gross harsh soure keen Nature, which with a rapid motion, tinges or transmutes all the fine sweet healing Vertues into their own Qualities, which all Brewers and good House-Wives are sensible of; the like is to be understood in the applycations

ons of Poultices and Plaisters, do not their long lying of them on the wounded or sore part, cause them to smell sour and stink, when they have been continued on for twelve or twenty four Hours, which do not only in danger the part, and prolongs the Cure, but it puts the Patient to great pain and Torment, and often the Limb is cut off, and sometimes the Life too, which by this forementioned method might have been prevented; for if Physitians and Chyrurgeons do not understand Nature, then there can be no certainty in their Operations or Cures.

Also Note, that during the time your Poultices, Plaisters, Ointments, or Salves, are making on the Fire, that you keep them stirring, by which you keep the fine Spirits and Qualities Living, for by this stirring, the friendly powers and thin Spirits of the Air do penetrate the whole Mass or Body, which incorporate and assist the Spirits and good Vertues, and keep them from being Stagnated or Suffocated, the Air being the Life of all things, and where its friendly influences and
circula-

circulations are prevented, the Life
 and Spirits becomes heavy, dull and
 gross; for these Reasons, all Spoon-
 Meats made thin, are sweeter and of
 a more quick penetrating Operation
 and Digestion, then those made thick,
 therefore despise not our method,
 nor our plain home-bred Poultices, I
 could produce many living Testimo-
 nies of its Success, but it is needless,
 since every Man's Experience that
 tries it, will soon confirm the Truth
 of what is here delivered, nor I am
 not much Solicitous whether I am cre-
 dited or not; it is the consideration
 of the publick good it may do to ma-
 ny poor People, prompts me to pub-
 lish it, whether you will follow the
 forementioned Rules or not, I have
 done my Duty in offering it, and there-
 fore am satisfied.

THE CONCLUSION.

THus have I presented thee (honest Reader) with some Observations; nor shall I trouble myself to make Apologies for them to any, who having their Eyes blinded with the Dust of Custom and Tradition, may be apt to condemn or slight these Advices, as Heterodox-Paradoxes, or needless Chymærea's; but let such Capers say what they please, I am certain what I have deliver'd is agreeable to undisguis'd Nature, and whoever shall act accordingly, will certainly find very great Benefits accruing
in

in respect of Health both of Body and Mind; but without Practice all Precepts are vain, or at least fruitless, unless it be only to remain as Monuments to reproach those Fools that despise and neglect them.

I thought once to have proceeded further in this Treatise, to have discovered the ways of making up or preparing most of the Medicines that are now a-days cry'd up; but on second thoughts I desisted, not as envying my Country-men any thing that might tend to their general good, but for such Reasons as these:

1. There are very few of the common Medicines that deserve that credit, which by Knaves vapouring and Fools credulity they have obtained; and to speak truth, I humbly

conceive the People had e'en as good be without them as have them; and therefore I was very well content that the learned Doctors and their Labourers, the Apothecaries, should enjoy to themselves their Pharmaceutick Mysteries, or way of making of Medicines; and when they have done, let them alone, take and use them too if they please.

2. Those that shall observe the Rules herein laid down, of Temperance, Choice of Diet, due manner of Preparation, &c. will (I am very confident) have little or no need of that which is commonly called Physick. And for others, if I had set down never so many excellent Receipts for the cure of Diseases, 'tis like they would have regarded them no more than these Directions for avoiding

voiding the same. He that scorns to prevent a Mischief fore-told, scarce deserves a Remedy when he is fallen into it. But,

3. The discreet Reader will here find such things recommended to his use, both in Health and Sickness, which though they are more plain, pleasant, easy to be had, and cheaper, are not less effectual both to preserve and restore Health than those administered by the learned; and in vain he goes about, that may go to rights; or gapes for a Remedy to be brought him by another from the Indies, when he may make himself as good an one (and better) at home.

What I have here candidly, and in a plain familiar manner delivered, I leave to God's Blessing, and
the

*the Practice of all prudent Lovers
of their Health, and humble followers
of Nature, in her easie and innocent
Methods. Farwell.*

FINIS.
